



MODIFIED GLYCOMACROPEPTIDE
20 **GLYTACTIN**[®]
BUILD

Smooth

Recipe Book



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IMPORTANT:

This recipe book provides low protein meal suggestions for individuals living with Phenylketonuria.

Glytactin BUILD 20/20 Smooth and all recipes contained in this book should only be consumed as directed by your dietitian. The entire recipe must be consumed to count towards your PE requirements.

CAMBROOKE'S LOW PROTEIN FOOD

is designed by a PKU mom
who understands your needs

- ✔ Delicious
- ✔ Quality Ingredients
- ✔ Easy & Convenient



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20 GLYTACTIN[®]

BUILD

Flavors



20 g PE • 110 kcals • 20 mg Phe



FIND OUT MORE!



Apple & Blackberry Bowl

YOU WILL NEED

- 1 (31 g) packet **Glytactin BUILD 20/20 Smooth**
- 1 cup (150 g) blackberries, frozen plus 5 blackberries, for garnish
- 1 (118 g) banana, sliced
- 5 fl oz (150 mL) orange juice, fresh
- ½ (91 g) green apple, finely grated or sliced

- 1 Place the 5 extra blackberries in a bowl of cold water to help them defrost quicker.
- 2 Slice the banana and keep 5 slices to one side.
- 3 In a blender, add **Glytactin BUILD 20/20 Smooth**, remaining banana, frozen blackberries and orange juice. Pulse until combined.
- 4 Pour the smoothie mix into a bowl and decorate with the defrosted blackberries, banana slices and grated green apple.

SUGGESTION:

This recipe also works with frozen raspberries, frozen strawberries, and frozen blueberries.

NUTRITIONAL INFORMATION PER SERVING

1	4.7	400	134	20
servings	protein grams	calories kcal	Phe mg	protein equivalents

Banana Muffins

YOU
WILL
NEED

- 1 (31 g) packet **Glytactin BUILD 20/20 Smooth**
- 4 Tbsp and 1 tsp (35 g) cornstarch
- ¼ tsp (1 g) baking powder
- ¼ (30 g) banana
- 1 Tbsp (15 g) vegetable oil
- 2 Tbsp (30 mL) water

- 1 Preheat the oven to 350° and place your muffin tin in the oven to warm up.
- 2 Add the **Glytactin BUILD 20/20 Smooth**, cornstarch and baking powder to a bowl and stir to combine.
- 3 In a separate bowl, mash the banana and add the oil and water and stir to mix thoroughly.
- 4 Slowly add the wet ingredients to the dry ingredients, stirring constantly to combine.
- 5 Take the muffin tray out of the oven, pour the batter equally between two of the muffin tin liners.
- 6 Bake for approximately 12-15 minutes or until a toothpick or knife comes out clean.

NUTRITIONAL INFORMATION PER SERVING (2 MUFFINS)

1	0.4	400	44	20
servings	protein grams	calories kcal	Phe mg	protein equivalents





Banana Pancakes

YOU WILL NEED

- 1 (31 g) packet **Glytactin BUILD 20/20 Smooth**
- 2 fl oz (60 ml) water
- ¼ cup (30 g) cornstarch
- ½ (60 g) banana
- ¼ tsp (1 g) baking powder
- 1 tsp (5 g) vegetable oil
- 1 Tbsp (20 g) maple syrup

- 1 Place the water, cornstarch, **Glytactin BUILD 20/20 Smooth**, banana, and baking powder in a blender, and blend until fully combined.
- 2 Heat the oil in a frying pan on a medium heat.
- 3 Once the pan is hot, spoon the mixture into the pan to create three small pancakes and fry gently for 1-2 minutes, bubbles should appear when it's ready for flipping.
- 4 Turn over and cook for another minute. Serve with a drizzle of maple syrup or fresh fruit.

NUTRITIONAL INFORMATION PER SERVING (3 PANCAKES)

1	0.8	373	58	20
servings	protein grams	calories kcal	Phe mg	protein equivalents



Island Smoothie

YOU
WILL
NEED

- 1 (31 g) packet **Glytactin BUILD 20/20 Smooth**
- 1 cup (140 g) pineapple chunks, frozen
- 3 fl oz (90 mL) ginger ale
- 1.5 fl oz (45 mL) orange juice, fresh

- 1 Place pineapple, ginger ale, and orange juice in a blender and pulse until smooth.
- 2 Add the **Glytactin BUILD 20/20 Smooth** and pulse until evenly blended. Serve in a tall glass.

SUGGESTION:

This recipe also works well with frozen mango pieces.

NUTRITIONAL INFORMATION PER SERVING

1	1.1	232	59	20
servings	protein grams	calories kcal	Phe mg	protein equivalents





Vegetable Soup

YOU
WILL
NEED

1 (31 g) packet **Glytactin BUILD 20/20 Smooth**

1 ½ Tbsp (23 g) olive oil

¾ cup (70 g) leek, diced

½ cup (60 g) zucchini, diced

½ cup (75 g) green pepper, diced

½ rib (20 g) celery, diced

1 clove (3 g) of garlic, minced

½ tsp (0.5 g) thyme

¾ cup (192 g) canned diced tomatoes

2 tsp (10 g) red wine vinegar

10 fl oz (300 mL) vegetable stock

Salt & pepper, to taste

Tabasco, to taste

- 1 In a saucepan, sauté the leek, zucchini, green pepper and celery in the olive oil for 5 minutes.
- 2 Add the garlic and thyme and cook for 1 minute.
- 3 Add the tomatoes, red wine vinegar, and **Glytactin BUILD 20/20 Smooth** and stir for 2 minutes.
- 4 Pour in the vegetable stock and add salt, pepper and tabasco to your own taste. Bring to the boil and then simmer for 10-15 minutes or until the vegetables are cooked through.

NUTRITIONAL INFORMATION PER SERVING

1	5.4	440	226	20
servings	protein grams	calories kcal	Phe mg	protein equivalents

Zucchini & Mint Soup

YOU
WILL
NEED

1 (31 g) packet **Glytactin BUILD 20/20 Smooth**
1 tsp (5 g) olive oil
1 (85 g) zucchini, diced
½ (80 g) onion, chopped
½ rib (20 g) celery

6 fl oz (180 mL) vegetable stock
1 tsp (0.5 g) dried mint or
1 Tbsp (5 g) of fresh mint, finely chopped
1 tsp (5 g) white wine vinegar
Salt & pepper, to taste

- 1 In a small saucepan, add the olive oil and sauté the zucchini, onions, and celery, on a medium heat for 2-3 minutes.
- 2 Add the vegetable stock, mint and white wine vinegar to the pan and bring to a boil.
- 3 Reduce to a simmer and cook for another 5-7 minutes or until the vegetables are soft.
- 4 Add the **Glytactin BUILD 20/20 Smooth** and stir until fully combined.
- 5 Season with salt and pepper to taste.
- 6 Cool and blend using a standard or immersion blender.
- 7 Serve with your favorite low protein bread or low protein croutons (fry cubes of bread in olive oil until crunchy).

NUTRITIONAL INFORMATION PER SERVING

1	2.0	180	84	20
servings	protein grams	calories kcal	Phe mg	protein equivalents





Sweet Red Pepper Soup

YOU WILL NEED

1 (31 g) packet Glytactin BUILD 20/20 Smooth	½ cup (128 g) diced tomatoes, canned
1½ (~225 g) red peppers, diced	2 tsp (2 g) Italian seasoning
2 tsp (10 g) olive oil	2 tsp (10 g) red wine vinegar
½ (80 g) small onion, chopped	5 fl oz (150 mL) vegetable stock
1 clove (3 g) garlic, minced	Salt & pepper, to taste

- 1 Preheat oven to 350° F.
- 2 Drizzle 1 tsp oil over the red peppers, place on a baking sheet and cook for 30-40 minutes.
- 3 Heat the remaining olive oil in a pan on a high heat, add the onion and sauté until the onions are translucent. Add the garlic and cook for 1 minute.
- 4 Add the peppers, tomatoes, Italian seasoning and red wine vinegar and stir until combined.
- 5 Cook for another 2 minutes and season with salt and pepper to taste. Add the stock and bring to the boil, then reduce to a simmer and cook for 10 minutes.
- 6 Add the **Glytactin BUILD 20/20 Smooth** and stir until fully combined.
- 7 Cool and blend using a standard or immersion blender.

NUTRITIONAL INFORMATION PER SERVING

1	5.3	233	223	20
servings	protein grams	calories kcal	Phe mg	protein equivalents

Zucchini Fritters

YOU
WILL
NEED

- 1 (31 g) packet **Glytactin BUILD 20/20 Smooth**
- 2½ cups (400 g) zucchini, grated
- ½ (80 g) small onion, finely chopped
- 4 Tbsp (30 g) of cornstarch or low protein flour
- 1 tsp (1 g) parsley
- 1 Tbsp (15 g) olive oil
- 1 Tbsp (15 g) mayonnaise
- 1 (10 g) lime wedge
- Salt & pepper to taste

- 1 Microwave the zucchini and onion for 2-3 minutes until softened.
- 2 Spoon into a strainer and use the back of a spoon to push the liquid out of the vegetables.
- 3 Put the vegetables back into the dry bowl and add the **Glytactin BUILD 20/20 Smooth**, cornstarch, parsley, and season with salt and pepper. Stir until combined.
- 4 Add the olive oil in a frying pan on a medium heat.
- 5 When the pan is hot, spoon the mixture into the pan making small patties.
- 6 Fry for 2 minutes or until the bottom has browned, then flip over and fry for another minute or two.
- 7 Serve with a lime wedge and mayonnaise.

NUTRITIONAL INFORMATION PER SERVING (2 FRITTERS)

1	5.7	535	226	20
servings	protein grams	calories kcal	Phe mg	protein equivalents





Jackfruit Baked Sweet Potato

YOU
WILL
NEED

1 (31 g) packet **Glytactin BUILD 20/20 Smooth**

1 (~ 100 g) sweet potato

½ can (140 g) jackfruit, drained

1 tsp (5 g) olive oil

1 tsp (2 g) paprika

¼ cup (60 g) tomato sauce

1 tsp (5 g) red wine vinegar

1.5 oz (42 g) Follow Your Heart Mozzarella Shredded

1 Tbsp (15 g) sour cream

Salt & pepper, to taste

Fresh parsley

- 1 Bake the potato for 40 minutes at 395° F.
- 2 Drain the jackfruit and break it up into shredded pieces with your fingers.
- 3 Heat oil in pan and add the jackfruit. Cook for 3-4 minutes, stirring continuously.
- 4 Add the paprika and cook for another minute.
- 5 Add the tomato sauce, **Glytactin BUILD 20/20 Smooth** and red wine vinegar and cook for 2 minutes. Season with salt and pepper to taste.
- 6 Spoon jackfruit mixture on top of cooked potato.
- 7 Sprinkle over the grated cheese and drizzle the sour cream.
- 8 Garnish with fresh parsley.

NUTRITIONAL INFORMATION PER SERVING

1	3.2	556	206	20
servings	protein grams	calories kcal	Phe mg	protein equivalents

Fudgesicle

YOU
WILL
NEED

1 (31 g) packet Glytactin BUILD 20/20 Smooth
2 Tbsp (30 g) JELL-O Instant Chocolate Pudding & Pie Filling
2 fl oz (60 mL) water

- 1 Place all ingredients into a bowl and mix with a whisk for 2 minutes.
- 2 Pour into popsicle molds or a paper cup and insert a wooden popsicle stick in the center of the cup.
- 3 Freeze for 5 hours or until firm.

NUTRITIONAL INFORMATION PER SERVING

1	0.7	220	60	20
servings	protein grams	calories kcal	Phe mg	protein equivalents





Choc-Chip Ice Cream

YOU WILL NEED

- 1 (31 g) packet **Glytactin BUILD 20/20 Smooth**
- 4 fl oz (120 mL) water
- 2 Tbsp (30 g) JELL-O Instant Vanilla Pudding & Pie Filling
- 2 Tbsp and 2 tsp (30 g) Enjoy Life chocolate chips

- 1 In a bowl, whisk the **Glytactin BUILD 20/20 Smooth**, water and JELL-O powder until the mixture is smooth and creamy.
- 2 Add the chocolate chips and pour into a miniature ice cream maker and follow the manufacturer's instructions.
- 3 Alternatively, place the mixture, and chocolate chips into a freezer proof bowl, place in the freezer and stir every 30 minutes until ice cream is formed (around 2 hours).

NUTRITIONAL INFORMATION PER SERVING

1	2.0	360	86	20
servings	protein grams	calories kcal	Phe mg	protein equivalents



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Questions? Contact the team at Info@Cambrooke.com or call **866 456 9776**

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