

Further Recipe Book

as submitted by

Fellow Pancreatitis Sufferers

This will be added to as people send in recipes and eventually will be broken down into sections when large enough

If you have any recipes that work for YOU please share these with the rest of us who struggle with a diet for this condition.

All entries can be sent by post or email to:

Post:
The PSN
Recipes
PO Box 8938
Birmingham
B13 9FW

Email:
psn@pancreatitis.org.uk

Please attach recipe as a Work document or in the email itself.

FAT FREE BREAD PUDDING – Elizabeth Willians

INGREDIENTS

4 CUPS BREAD (ABOUT 4 SLICES)
2CUPS SKIMMED MILK (HOT)
2/3 CUP BROWN SUGAR(CAN USE SUGAR TWIN BROWN)
1/2 CUP RAISINS OR MIXED FRUIT
2 APPLES,SLICED THIN
1 FLAT TEASPOON MIXED SPICE
1/2TEASPOON CINNAMON
1 TEASPOON VANILLA
3 EGG WHITES (OR EGG BEATERS)

(METHOD)

Preheat oven to 350 degrees f. Gas Mark 4.
Spray 1-1/2 quart baking dish with cooking spray
Mix together bread,raisins and apples
Add milk, sugar and mixed spice , mix well
pour mixture into baking dish
Let stand for 20 mins
Beat egg whites untill foamy
Add vanilla and cinnamon to egg whites
mix well.
Pour egg mixture over bread in Baking Pan
Bake uncovered for 45 mins to 1 hr until set
and lightly browned.

DELICIOUS :)

Recipe Egg & Tomato Cups

1 Beef Tomato

2 Eggs

Wash Tomato and cut in half put on a plate.

scoop out centre and break an egg into the the centre

prick the yolk of each egg with a cocktail stick or point of knife to stop the egg from exploding.

Pop into the microwave on full power for about 4-5 minutes until the egg is cooked just the way you like it.

Mushrooms and bake beans may be cooked on the plate at the same time. Just cook for a bit longer for a low calorie light meal

Enjoy.

Jacque X

ALMOST FAT FREE CHOCOLATE CAKE. – Elizabeth Williams

INGREDIENTS

125g Self Raising Flour
1tsp baking powder
1tsp bicarbonate of soda
6 egg whites
250g soft brown sugar /you could try twin brown
250ml fat free plain yogurt
3tbs maple syrup. You could TRY using Honey or Agave Syrup? Even TRY using a bit less. I haven't yet, but will do.
4 heaped tsps instant coffee powder dissolved in 2-3 tablespoons hot water
50grms Cocoa powder.. you could try using Carob .

Method.

Preheat the oven to 180 degrees/350 F/Gas mark 4 and grease an 8 inch square baking tin. Whisk the egg whites for 2-3 mins until beginning to become fluffy then add the brown sugar, maple syrup and yogurt. Whisk for a further 3 seconds and then fold in the flour cocoa powder coffee baking powder and bicarbonate of soda. Pour the cake batter into the well greased tin / I USE SPRAY OIL. . and place in the oven for approx 40 mins. To check if the cake is cooked insert a skewer in the middle. if it comes out clean it is cooked. Serve with Custard made with skimmed milk and twin sugar , or Stevia no carbs no calorie natural sweetener. Or splenda . or low fat ice cream.

FAT FREE WHOLEWHEAT PANCAKE – Elizabeth Williams

MAKES 1 LARGE PANCAKE.

INGREDIENTS

1/4 Cup whole wheat flour
1 pinch of salt
1 Pinch of Baking soda
1 Drop Vanilla extract
Milk.

1. mix first four ingredients and enough milk to make a runny batter.
- 2 Spray a pan with olive oil spray
3. Pour batter onto pan.
4. Fry on each side at medium heat for 45 seconds.
5. Top with sweetener to your liking .. honey , twin sugar, agave Syrup. non-carbs Stevia natural sweetner.etc

You can get the Stevia on (I herbs website), they are from the U S A. OK in lots of desserts, rice puddings i am. not sure if you can cook with it though.

Well this is just a bit more info for pancreatic sufferers , as you know we have to watch our sugar content too. I did a lot of research looking for a natural sugar with no calories, and the stevia no carbs have no calories.

I sprinkle on natural live yogurt to sweeten, cereals pancakes and custard. Would not be without them! Helps cut back on artificial sweeteners.

Hope this helps. Great for diabetics