

Recipe makes
3 servings

Prep time
10 minutes

Bake time
20 minutes

NUTRITION INFO PER SERVING

(1/3 recipe)

Calories 380

Protein 0.6 g

Phenylalanine 18 mg



INGREDIENTS

- 1/4 cup sugar
- 1/4 cup margarine, softened at room temperature
- 1 cup low protein all-purpose baking mix
- 1/2 tsp baking powder
- 1/4 cup almond milk, unsweetened
- 1/2 tsp egg replacer
- 2 cups canned peaches, sliced, in 100% juice

DIRECTIONS

- 1 Preheat oven to 360° F.
- 2 Cream sugar and margarine in a medium-sized bowl.
- 3 Add low protein baking mix and baking powder; rubbing together with your hands until it resembles breadcrumbs.
- 4 In a separate bowl combine almond milk and egg replacer.
- 5 Add the wet mixture to the dry, and mix until well combined.
- 6 Pour the peaches and their juice into a small casserole dish.
- 7 Top with the batter and bake in preheated oven for 20 minutes, or until baked through.
- 8 Remove from oven and serve.

This recipe is suitable for those following a protein-restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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