

**Recipe makes**  
6 servings

**Prep time**  
60 minutes

**Cook time**  
50-60 minutes



## NUTRITION INFO PER SERVING (1/6 of recipe)

**Calories** 400

**Protein** 1.5 g

**Phenylalanine** 59 mg

## INGREDIENTS

### Bread

- 3/4 cup warm water
- 2 Tbsp vegetable oil, divided
- 1 Tbsp dried yeast
- 1 Tbsp psyllium husk
- 1 Tbsp sugar
- 2 1/3 cups low protein flour

### Stuffing

- 2 cups onion, peeled and finely chopped
- 1/2 cup butter (plus extra for greasing)
- 1/4 cup fresh sage, finely chopped
- 2/3 cup rice milk or almond milk\*

\* Rice milk was used in the nutrition analysis

## DIRECTIONS

### For the bread:

- 1 In a bowl add water, 1 Tbsp oil, yeast, psyllium husk, and sugar. Mix well and allow to stand for 5 minutes until mixture thickens.
- 2 Place low protein flour into a separate bowl. Make a small well in the middle.
- 3 Add psyllium husk mixture to the flour. Use your hands to combine, until a dough is formed.
- 4 Knead dough for 3–5 minutes in the bowl. Cover with plastic wrap and leave to proof for 30 minutes.
- 5 Preheat oven to 400° F.
- 6 Line a baking tray with parchment.
- 7 Divide the dough into four equal parts; and shape each into a round bread bun.
- 8 Place buns on the lined baking tray, brushing the tops with oil.
- 9 Bake in the preheated oven for 25–30 minutes, or until browned and crisp. The bases should sound hollow when tapped. Cool on a wire rack.

### For the stuffing:

- 1 Reduce oven temperature to 390°F.
- 2 Pulse the low protein bread in a food processor until it becomes small crumbs.
- 3 Sauté onions in butter over medium-high heat until golden brown; add sage, rice or almond milk, and breadcrumbs.
- 4 Cook for another minute; and transfer mixture into a greased baking dish.
- 5 Bake in the preheated oven for 20–30 minutes.

**This recipe is suitable for 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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