

CREEPY CARROT MUMMIES

Recipe makes
10 mummies

Prep time
40 minutes

Bake time
30 minutes



NUTRITION INFO PER SERVING

(1 mummy)

Calories 130

Protein 1 g

Phenylalanine 39 mg

INGREDIENTS

DOUGH

- 3/4 cup warm water
- 1 Tbsp dry yeast
- 1 Tbsp psyllium husk powder
- 1 3/4 cups (240 g) low protein all-purpose baking mix
- 1 Tbsp vegetable oil
- 1/2 tsp salt
- 1/4 tsp paprika
- 1 tsp dried mixed herbs
- 1 tsp tomato purée
- 1 tsp garlic purée

FILLING

- 10 medium-sized carrots, peeled
- Cooking oil spray
- 1 tsp dried mixed herbs
- salt, to taste
- black pepper, to taste
- 1 Tbsp vegetable oil
- 1 Tbsp ground mustard
- 1 tsp water

DIRECTIONS

- 1 Combine warm water, yeast and psyllium husk in a mixing bowl. Stir well and allow to stand for 10 minutes.
- 2 Add low protein baking mix, vegetable oil, salt, paprika, mixed herbs, tomato purée and garlic purée into the mixture. Combine by hand until a dough forms, and knead for 2 minutes.
- 3 Loosely cover the bowl and leave the dough to rise for 30 minutes in a warm place.
- 4 Preheat the oven to 390°F.
- 5 Place the carrots onto a baking tray, spray with cooking oil spray; season with mixed herbs, and salt and pepper to taste.
- 6 Roast carrots in the preheated oven for 10 minutes, then remove and allow to cool.
- 7 Dust hands with low protein baking mix and divide the dough into two balls.
- 8 Roll each dough ball into a circle.
- 9 Using a pizza cutter, cut the dough into 1/2 inch strips.
- 10 Wrap the dough strips around the cooled carrots, leaving a small gap at the top for the eyes.
- 11 Place on a baking tray and brush with vegetable oil. Bake for 20 minutes or until browned.
- 12 Mix mustard powder with the water to create a thick paste.
- 13 Remove the Carrot Mummies from the oven. Use a toothpick to dab 2 dots of mustard in the pastry gaps of each to make eyes.
- 14 Serve hot or cold.

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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