

*The new
Recipe Book*

PKU **GOLIKE**





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This recipe book is for educational purposes only and should not be considered medical advice. Consult your healthcare team before making any changes to your diet.

PKU GOLIKE is for use under medical supervision. Consult your metabolic clinician to determine which products are appropriate for you before making any changes to your diet.



STARTERS



Caprese salad

A QUICK, FRESH AND SIMPLE DISH!

INGREDIENTS FOR ONE SERVING

| | |
|------------------------|-------------------------------|
| Ripe tomatoes, medium | 1 1/2 medium tomatoes (186 g) |
| Low-protein mozzarella | 2 slices (56 g) |
| Extra-virgin olive oil | 2 tsp |
| Basil leaves | to taste |
| PKU GOLIKE PLUS | 1/2 packet |

METHOD

Wash and slice the tomatoes. Slice the low-protein mozzarella to a similar thickness. Place a slice of tomato on the plate, followed by a slice of mozzarella, and a scattering of **PKU GOLIKE**. Continue stacking the "tower", alternating between slices of tomato, mozzarella, and **PKU GOLIKE** to create at least three layers. Add a few basil leaves to taste between the layers. Dress with some oil and, if you wish, a little salt and pepper. Finish with the **PKU GOLIKE** so that you consume half a packet in total, and garnish with a few fresh basil leaves (alternatively, you may use olive oil with a basil flavoring). It is important to eat the entire quantity of **PKU GOLIKE**; we recommend using a piece of low-protein bread to soak up any which is left on the plate. To add even more flavor, you can further enhance the dish with a few black olives and salted capers. If you're not sure how to finish off the other half of the packet, why not try it in a soup (warm or cold, depending on the season) or in a fruity dessert at the end of your meal?

Estimated Phe content: ~ 116 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*



DIFFICULTY 🍳👩🍳👩🍳

TIME ⌚⌚⌚



Cauliflower delight

A LIGHT SIDE DISH OR
STARTING POINT FOR OTHER RECIPES

INGREDIENTS FOR ONE SERVING

| | |
|------------------------|----------------|
| Cauliflower | 2 cups (214 g) |
| Onions | 1/8 cup (20 g) |
| Thyme | to taste |
| Salt | to taste |
| Extra-virgin olive oil | 1 1/2 tbsps |
| PKU GOLIKE PLUS | 1 packet |

DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚

METHOD

Clean the cauliflower, keeping only the florets. Wash and dry them.

Place the raw cauliflower into a food processor and pulse until it has been reduced to pieces similar in size to grains of rice (alternatively, chop finely with a knife). Finely chop the onion and sauté lightly in the olive oil, then add the chopped cauliflower and a pinch of salt. Cover with a lid and cook for 8-10 minutes, stirring occasionally.

Allow to cool and plate up, before adding a packet of **PKU GOLIKE** and seasoning with a sprig of thyme. To add an extra touch of color to your meal, we recommend adding some diced carrots and zucchini during cooking, or some raw tomatoes. Ideal also as a side dish with ratatouille, or with a Jackfruit ragu (recipe on page 21).

Estimated Phe content: ~ 144 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.


*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*

A dish of simple, delicate flavors



Tomato soup

DIFFICULTY 

TIME 

INGREDIENTS FOR ONE SERVING

| | |
|--------------------------------|---------------------------|
| Tomatoes | 2 medium tomatoes (248 g) |
| Extra-virgin olive oil | 2 tsp |
| Sage or basil | 2 or 3 leaves |
| Garlic | 1 clove |
| Salt | to taste |
| <small>PKU</small> GOLIKE PLUS | 1 packet |

METHOD

Wash, peel, and deseed the tomatoes, then dice them. Sauté a clove of garlic in a frying pan with the extra-virgin olive oil, then add the tomatoes.

After a few minutes, add the basil and a pinch of salt.

Pour in half a cup of water and cover with a lid, leaving the soup to simmer over a low heat for around 30 minutes. If the water evaporates, add more with a ladle as needed to keep the soup at the correct consistency. Remove the garlic and the basil and blend the tomatoes until you have a thick, creamy mixture. Pour a packet of **PKU GOLIKE** into the cooled mixture in its serving plate, and mix in well. If desired, garnish with a few sage or basil leaves.

It is important to eat the entire quantity of PKU GOLIKE, using a piece of low-protein bread to soak up any leftovers if necessary.

Estimated Phe content: ~ 74 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

The amount of PKU GOLIKE to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.

Winter squash and potato soup

INGREDIENTS FOR ONE SERVING

| | |
|--------------------------|--------------------|
| Winter squash | 1 1/4 cups (145 g) |
| Onion | 1 tbsp (10 g) |
| Potatoes | 1/4 cup (38 g) |
| Extra-virgin olive oil | 1 1/2 tbsp |
| Water or vegetable stock | to taste |
| Salt | to taste |
| Herbs for flavoring | to taste |
| PKU GOLIKE PLUS | 1 packet |

DIFFICULTY 

TIME 

METHOD

Finely slice the onion and brown with extra-virgin olive oil. Add the potatoes and the pumpkin, previously peeled and diced. After a few minutes, cover with water or vegetable stock and add a pinch of salt. Leave to simmer for around 30 minutes and blend with an immersion blender or food processor until smooth and creamy.

When the soup has cooled and been plated up, add a packet of **PKU GOLIKE** and mix in well. If desired, add some herbs for flavoring, to taste. Finally, a spoonful of low-protein cream cheese, a teaspoon of oil and some pepper may be added; or, if you prefer, toasted low-protein bread.

Estimated PHE content: ~ 115 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*



The delicate flavors of autumn



A simple recipe with an extraordinary taste!

Onion soup

INGREDIENTS FOR ONE SERVING

| | |
|----------------------------|---------------|
| White onions | ¾ cup (120 g) |
| Butter or margarine | 1 tbsp |
| Extra-virgin olive oil | 1 tbsp |
| Salt and pepper | to taste |
| Vegetable stock | 1 cup |
| Low-protein bread, toasted | 1 slice |
| PKU GOLIKE PLUS | 1 packet |



DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚

METHOD

Clean the onions, slice them and lightly sauté in a wide pan with the butter and oil. Cover the onions and leave them to cook over a low heat for 10 minutes. Add a little stock and simmer for 30 minutes over a medium heat with the lid on, adding in the remaining broth a little at a time. After 30 minutes, remove the lid and add a pinch of salt. Then, leave the onion soup to reduce over a low heat for another few minutes.

Remove from the heat, allow to cool for a few minutes, plate up and mix in a packet of **PKU GOLIKE**.

In the meantime, toast the low-protein bread until golden brown. Finally, serve soup with a drizzle of oil and a sprinkle of pepper.

Estimated PHE content: ~ 40 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*



MAIN COURSES & VEGETABLE DISHES



Pasta

with creamy zucchini sauce

A TRUE ITALIAN CLASSIC!

INGREDIENTS FOR ONE SERVING

| | |
|--------------------------|----------------|
| Low-protein pasta, dry | 1/2 cup (84 g) |
| Zucchini | 2/3 cup (75 g) |
| Low-protein cream cheese | 3 tbsp |
| Salt | to taste |
| PKU GOLIKE PLUS | 1 packet |

DIFFICULTY 🍳👨🍳👨🍳

TIME ⌚⌚⌚

METHOD

Slice the zucchini into rounds and cover with water in a small pot, adding a pinch of salt. Boil for around 15 minutes, until the zucchini is well cooked. Next, use a mixer to blend the zucchini with the low-protein cream cheese until you have a thick, creamy sauce. Add a packet of **PKU GOLIKE** to the cooled mixture and stir it in well using a spoon. Cook the pasta, drain it and add the creamy zucchini sauce. Serve with a garnish of basil or mint leaves. It is important to eat the entire quantity of **PKU GOLIKE** contained in the sauce, either with the pasta or by using a piece of low-protein bread to soak up any which is left on the plate.

Estimated Phe content: ~ 81 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

The amount of PKU GOLIKE to be used in this recipe is a suggestion and may be adjusted based on personal taste or depending on the amino acid supplements prescribed by your metabolic clinician.

Eggplant risotto

PURE DELIGHT IN EVERY BITE!

DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚

METHOD

Cut 4 slices of eggplant to 1/4" to 1/2" in thickness and place them on a plate with a drizzle of oil and a little salt, to help draw out the water.

Allow to rest for approximately 10 minutes.

After 10 minutes, sear the eggplant slices on both sides in a pre-heated non-stick pan.

Once they are golden, dice them. Make the stock by combining the vegetable stock with two to three cups of water. In the meantime, pour a little oil and the chopped onion into a large saucepan.

When the onion is golden, add the rice and cook for a few minutes. Use a ladle to add the vegetable stock to the rice, a little at a time. Stir the risotto continuously to keep it from sticking to the bottom of the pan. Halfway through cooking,

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*

INGREDIENTS FOR ONE SERVING

| | |
|--------------------------|----------------|
| Low-protein rice, dry | 1/2 cup (93 g) |
| Butter or margarine | 2 tsp |
| Onion | 1 tbsp |
| Vegetable stock | 1/3 cup |
| Low-protein cream cheese | 1 1/2 tbsp |
| Eggplant | 3/4 cup (62 g) |
| Pepper | to taste |
| Oil | to taste |
| Parsley | to taste |
| PKU GOLIKE PLUS | 1/2 packet |

add the butter in cubes and stir in the previously seared and diced eggplant. After a few minutes, with constant stirring, the consistency will become creamy. If the risotto is too thick, we recommend adding more stock or water.

For a richer, creamier flavor, mix in a little low-protein cream cheese. Take the risotto off the heat and allow it to rest for a few minutes. Once the risotto has cooled, plate up with the addition of half a packet of **PKU GOLIKE**, stirring it in well. Garnish with a little fresh parsley or a few small mint leaves.

Estimated Phe content: ~ 99 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.





Jackfruit ragu

THE WORLD'S LARGEST TREE FRUIT, NATIVE TO SOUTH-EAST ASIA, MAKES AN EXCELLENT LOW-PHENYLALANINE MEAT SUBSTITUTE
(1 g protein per 100 g)

DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚

METHOD

Open the canned jackfruit and drain away all the water. Place the jackfruit into a large saucepan, cover with water and bring to a boil. When the cooking water has taken on a reddish color, drain and shred the jackfruit. Then, cover with fresh water and continue cooking for another 30-40 minutes after boiling. At this point, drain the jackfruit again. It should have taken on a light brown color. Chop the carrots, celery and the onion and sauté them with 1 tsp of oil for around 10 minutes in a large saucepan over a low heat. Add the jackfruit and cook for another 10 minutes. When all the ingredients are well browned, you may pour in the white wine and cook it off, if you wish. Once the alcohol has evaporated, add the tomatoes and 1 cup water. Next, add a pinch of salt, stir, and continue simmering over a low heat for about an hour.

The amount of PKU GOLIKE to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.

INGREDIENTS FOR ONE SERVING

| | |
|--------------------------------|----------------|
| Canned jackfruit* | 1/2 can (70 g) |
| Tomatoes, canned & diced | 1/4 cup |
| Extra-virgin olive oil | 2 tsp |
| Carrots | 1/8 cup |
| Onions | 1/8 cup |
| Celery | 1/8 cup |
| Water | 6 cups |
| Plain almond milk, unsweetened | 2 tsp |
| Salt | to taste |
| White wine | to taste |
| PKU GOLIKE PLUS | 1 packet |

**use the young fruit in salted water rather than the variant which comes in syrup. It can be found in ethnic food stores which carry Asian products.*


After the first hour, add another 1 cup of water, stir, and simmer for another hour. At the end of the second hour of cooking, pour in the remaining water and continue simmering over a low heat for one more hour. If necessary, add another splash of water. The ragu must be cooked for at least 3 hours. Finish by seasoning with salt, then turn off the heat and add the almond milk. Allow to cool, plate up, then add a packet of **PKU GOLIKE**.

At this point, the ragu is ready to be served. It is delicious whether eaten alone, as a pasta sauce, with a side of vegetables or spread on low-protein bread.

Estimated Phe content: ~ 73 mg. *If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.*

Vegetable medley

DIFFICULTY 

TIME 



INGREDIENTS FOR ONE SERVING

| | |
|---------------------------|--------------------------|
| Tomatoes | 1/2 medium tomato (62 g) |
| Carrots | 1/2 cup (64 g) |
| Cucumbers | 1/2 cup (52 g) |
| Bell peppers | 1/2 large pepper (93 g) |
| Orange, peeled and sliced | 1/3 cup (60 g) |
| Chia seeds | 1 tsp |
| Extra-virgin olive oil | 2 tsp |
| Salt | to taste |
| Pepper | to taste |
| PKU GOLIKE PLUS | 1 packet |

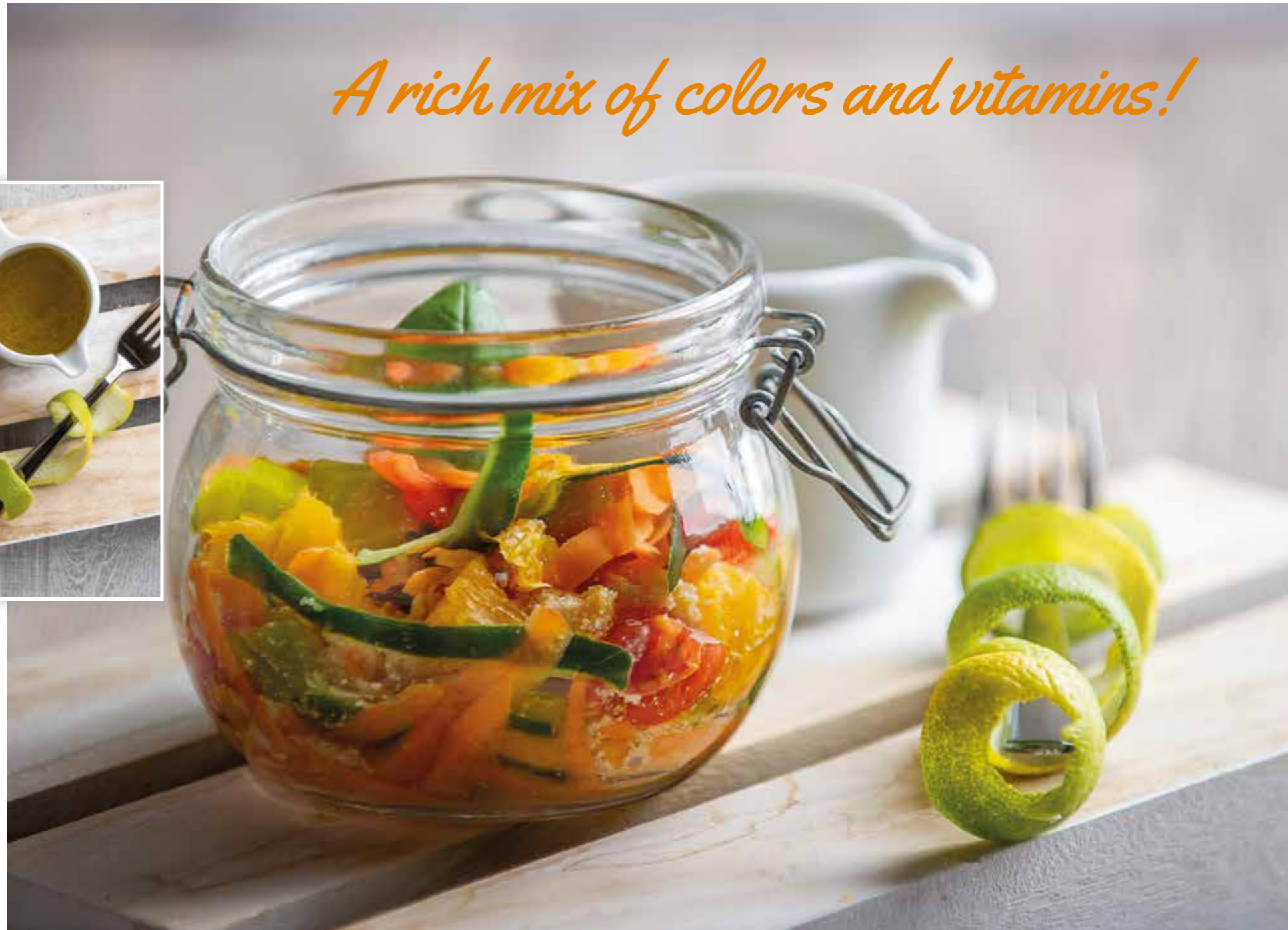
METHOD

It couldn't be any easier to prepare this delicious medley of vegetables. Wash and chop the vegetables to your liking. Place all the vegetables in a bowl, dress with oil and salt (and pepper, if desired), and scatter with chia seeds. Peel and slice the orange, then add it to the dish and pour in the **PKU GOLIKE** (a half-packet or more, depending on your taste), mixing well. And voilà! A vitamin boost ready to serve and eat, either alone or as a side, dividing the packet of **PKU GOLIKE** between the two dishes.


Estimated Phe content: ~ 164 mg. If you'd like an equally enjoyable meal with a lower Phenylalanine content, you can leave out the chia seeds to result in a dish with **approximately 70 mg of Phenylalanine**. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*

A rich mix of colors and vitamins!



DIFFICULTY 

TIME 



Jackfruit burger

A SURPRISING FEAST FROM THE FAR EAST!



INGREDIENTS FOR ONE SERVING

| | |
|--------------------------|-----------------|
| Canned jackfruit* | 1/2 can (70 g) |
| Onions | 3 tbsp |
| Extra-virgin olive oil | 4 tsp |
| Tomatoes, canned & diced | 3 tbsp |
| Barbeque sauce | 2 tbsp |
| Avocado | 1/4 avocado |
| Cucumbers | 4 slices |
| Red cabbage | 1/4 cup |
| Fresh tomato | 2 slices |
| Salt and pepper | to taste |
| Water | to texture |
| Lemon juice | to taste |
| Low-protein bun | 1 hamburger bun |
| PKU GOLIKE PLUS | 1 packet |

*use the young fruit in salted water rather than the variant which comes in syrup. It can be found in ethnic food stores which carry Asian products.

METHOD

Open the canned jackfruit, drain, and rinse under running water. Chop the onion and brown it for a few minutes in a non-stick pan with the oil.

Add the jackfruit, canned tomatoes, barbeque sauce, salt, and a cup of water.

Leave to simmer over a gentle heat for around 30 minutes, adding a little water if necessary, until the sauce has reduced. When it has cooked, mash and shred the jackfruit with a fork or spoon, mixing in half a packet of **PKU GOLIKE**. Finally, compact the mixture gently in your hands to give it the desired shape, or use a mold ring.

Use a fork to mash a ripe avocado into a creamy mixture, adding a drop of lemon juice and a little salt and pepper. Slice the bread in two and toast both halves in a hot non-stick pan. Cut the tomato and cucumber into thin slices. Spread the avocado mixture onto the bottom bun, layer the fresh tomato, cucumber and chopped red cabbage on top, then add the jackfruit burger and top with the remaining half of the bread. The half-packet of **PKU GOLIKE** which remains can be stirred into a mixture of vegetables or any side dish you like!

Estimated PHE content: ~136 mg (does not include low-protein bun). If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*

Crispy vegetable fritters



A crunchy savory treat



INGREDIENTS FOR 8 FRITTERS

| | |
|--------------------------------|-------------------|
| Low-protein flour | 2/3 cup (91 g) |
| Rice flour | 1/8 cup (20 g) |
| Butter or margarine | 1 1/2 tbsp |
| Tomato paste | 1 tbsp |
| Baking soda | 1 tsp |
| Plain almond milk, unsweetened | 1/2 cup |
| Onion | 1 1/2 tbsp |
| Zucchini | 1/2 cup |
| Tomatoes, canned & diced | 4 tsp |
| Bell peppers | 1/3 pepper (50 g) |
| Vegetable stock | 2 cups |
| Salt | to taste |
| PKU GOLIKE PLUS | 1 packet |

METHOD

THE FRITTERS

In a bowl, combine the low-protein flour, the butter or margarine (previously melted in a water bath or with a few seconds in the microwave) and the baking soda.

Mix with an electric beater, adding the almond milk bit by bit, until the batter becomes smooth and even. Add a spoonful of tomato paste and mix until the batter is pink in color.

Heat a non-stick pan and grease with a little butter so that the batter does not stick. Pour a ladle of the batter into the pan. Wait until bubbles begin to form on the surface and then, when the batter has thickened, flip the fritter using a spatula and cook on the other side.

Repeat for the second fritter, and so on. The ingredients in the quantities above should make 8-10 small fritters.

THE VEGETABLES

Heat the oil in a non-stick pan, sauté the chopped onion, and add in the diced tomatoes.

Add in the bell peppers, previously cut into strips, and cook for 5 minutes. Next, add the zucchini cut into strips, sprinkle salt on the vegetables, and continue cooking for a few minutes (the zucchini should still be crunchy and vibrantly colored). Leave to cool, then add a packet of **PKU GOLIKE** to the vegetables and mix it in.

Serve the fritters layered with the vegetable mix.

Estimated Phe content: ~ 224 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

The amount of PKU GOLIKE to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.

DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚



SAUCES & SPREADS

Béchamel sauce

THIS VERSATILE ACCOMPANIMENT TO YOUR MEALS IS QUICK AND EASY TO MAKE, ADDING EXTRA FLAIR TO ALL YOUR RECIPES

INGREDIENTS FOR ONE SERVING

| | |
|--------------------------------|--------------------|
| Plain almond milk, unsweetened | 200 mL (~ 7 fl oz) |
| Cornstarch | 1 tbsp |
| Butter | 1 1/2 tbsp |
| Salt and nutmeg | to taste |
| PKU GOLIKE PLUS | 1 packet |

DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚

METHOD

Pour 2/3 cup of unsweetened almond milk into a small saucepan with the butter and heat, without bringing to a boil.

In the meantime, place the cornstarch in a cup and add the remaining cold almond milk, whisking to prevent clumping. Add the cornstarch mixture to the heated almond milk and butter.

Adjust for salt and flavor with a pinch of nutmeg. Stir with a wooden spoon until you get the right consistency. Leave to cool down slightly, plate up, and add a packet of **PKU GOLIKE**.

Estimated Phe content: ~ 57 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*





Light and airy


A SPREAD YOU CAN USE IN LOTS OF DIFFERENT WAYS, TO SUIT EVERYBODY'S TASTES!

INGREDIENTS FOR ONE SERVING

| | |
|--------------------------|------------|
| Low-protein cream cheese | 1/4 cup |
| Low-protein bread | 2 slices |
| Seasonings, as desired | to taste |
| PKU GOLIKE PLUS | 1/2 packet |

cheesy spread

DIFFICULTY 

TIME 

METHOD

Use a fork to mash and work the low-protein cream cheese until it is smooth and creamy. Then, add half a packet of **PKU GOLIKE**. Ideal whether eaten alone or served with a Caprese salad, containing the other half of the packet of **PKU GOLIKE**. Toast two slices of low-protein bread in a toaster or hot non-stick pan, to serve with the spread. Use your imagination to come up with lots of ways to enjoy the spread: for example, you can add a little chopped leek (for a bold flavor), some chopped fresh mint leaves or a little lemon or lime zest (for a hint of freshness).

Estimated Phe content: ~ 63 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*



Tropical Dip

A DELICIOUS DIP WITH A TROPICAL TWIST

DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚

INGREDIENTS FOR ONE SERVING

| | |
|------------------------|------------------|
| Tomatoes | 1/3 cup (50 g) |
| Pineapple | 4 slices (200 g) |
| Coconut | 1/4 cup |
| Celery | 1/8 cup |
| Mint | 2 tbsp |
| Salt | to taste |
| PKU GOLIKE PLUS | 1 packet |

METHOD

Cut the tomatoes and celery into small pieces, then mix them in a blender with the coconut and mint until dense and creamy (salt to taste). Add **PKU GOLIKE** and mix together. Pour the dip onto the sliced pineapple, or into a little bowl to dip the pineapple into, and your dish is ready to enjoy!

Estimated Phe content: ~ 116 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

The amount of PKU GOLIKE to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.





FRUIT & DESSERT



Panna cotta

INGREDIENTS FOR ONE SERVING

| | |
|--------------------------------|--------------------|
| Plain almond milk, unsweetened | 200 mL (~ 7 fl oz) |
| Butter or margarine | 1 1/2 tbsp |
| Vanilla extract | to taste |
| Sugar | 2 tbsp |
| Cornstarch | 1 1/2 tbsp |
| PKU GOLIKE PLUS | 1 packet |

DIFFICULTY 

TIME 

METHOD

Pour the almond milk into a small non-stick saucepan, then add the butter, the sugar, the cornstarch and the vanilla extract. Warm over a low heat, stirring until the mixture thickens. Remove from the heat, pour into a bowl, and use a whisk to beat by hand for 30 seconds before adding a packet of **PKU GOLIKE**.

Pour the liquid into a suitable mold and leave in the fridge for 3 hours. After 3 hours, remove the panna cotta from the mold and serve. If desired, serve with a fruit sauce or with a scattering of chocolate shavings.

Estimated Phe content: ~ 64 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*

The classic dessert: simple, refreshing, and very low-phe!

Coconut cream

THIS EXOTIC CREAM IS PERFECT AS A PUDDING
OR AS THE FILLING FOR A CAKE

DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚

INGREDIENTS FOR ONE SERVING

| | |
|------------------------|----------------|
| Coconut milk | 1 cup (240 mL) |
| Sugar | 2 tbsp |
| Rice flour | 1 tbsp |
| PKU GOLIKE PLUS | 1 packet |

METHOD

Pour the sugar and rice flour into a pot and gradually add the coconut milk, mixing with a whisk. Cook over a medium heat. Continue stirring to make sure all the ingredients are well combined, until the desired density is achieved. Turn off the heat and pour the mixture into a clean bowl. Leave to cool, then pour in a packet of **PKU GOLIKE**, mixing it in well. For an extra burst of color and flavor, you can build alternating layers of crushed low-protein cookies, coconut cream, and strawberries. If you wish, garnish with some small mint leaves. Use a spoon to clean the bowl well, so that you get the full quantity of **PKU GOLIKE**.

Estimated Phe content: ~ 56 mg (using Silk Coconut Milk). If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*



GO-fresh fruit salad

A QUICK, COOL SNACK IS THE IDEAL SOLUTION FOR TAKING YOUR **PKU GOLIKE** EFFORTLESSLY!

DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚

INGREDIENTS FOR ONE SERVING

| | |
|---|-------------------|
| Strawberries | 1/4 cup (42 g) |
| Banana | 1/4 cup (38 g) |
| Coconut cream (see the recipe on page 40) | 2 1/2 tbsp (48 g) |
| PKU GOLIKE PLUS | 1 packet |

METHOD

Wash the strawberries, peel the banana, and cut the fruit into small chunks. Spoon the coconut cream into a little dish (or you can just use coconut milk, which is fairly thick and can be found in supermarkets), add the **PKU GOLIKE** and mix. Complete by topping the coconut cream or milk with the chopped fruit. You can also add crushed low-protein cookies or chocolate shavings as a topping, to add some crunch to your fruit salad. Use a spoon to scoop up and eat all the **PKU GOLIKE** which may be left on the sides of the dish.

Estimated Phe content: ~ 55 mg. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*



Mini cheesecake

SNACK-TIME, DESSERT, OR FOR A SPECIAL OCCASION: MAKE ROOM FOR A SWEET TREAT IN YOUR DIET

INGREDIENTS FOR ONE SERVING

| | |
|--------------------------|-----------------|
| Low-protein cookie | 1 cookie (35 g) |
| Butter | 1 tbsp |
| Cool whip | 1 cup |
| Low-protein cream cheese | 1/4 cup |
| Powdered sugar | 1 tbsp |
| Dried coconut, shredded | 2 tsp |
| Jam | 2 tbsp |
| PKU GOLIKE PLUS | 1 packet |

METHOD

Use a mixer to blend the low-protein cookie together with the butter. Spread the mixture across the bottom of a mold ring placed on a plate. Press the surface down with the back of a spoon, and leave in the fridge. Whip the cream (it is best if taken straight from the fridge) with an electric beater. In a bowl, use a fork to combine the cream cheese with the powdered sugar, the dried coconut and a packet of **PKU GOLIKE**. Gently fold in the whipped cream with a spatula, and combine. Pour the creamy mixture onto the cookie base, and level it out. Leave the cheesecake to stand in the fridge for at least 3 hours. Once this time has passed pour the jam over the cake and, if you wish, garnish with fruit.

If the Phenylalanine content is too high, it can be reduced by using a plant-based cream cheese.

Estimated PHE content: ~129 mg of PHE. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*



DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚





A delicious low-protein snack!



My PHEnominal milkshake

DIFFICULTY 🍪 🍪 🍪

TIME ⌚ ⌚ ⌚

INGREDIENTS FOR ONE SERVING

| | |
|--------------------------------|-----------|
| Non-dairy vanilla ice cream | 1/3 cup |
| Plain almond milk, unsweetened | 1/4 cup |
| Bananas (or other fruit) | 1 1/4 cup |
| PKU GOLIKE PLUS | 1 packet |

METHOD

Clean the fruit, cut it into chunks, and place it in the blender with the almond milk. Blend until the mixture is even.

When this is done, pour the mixture into a glass, add a packet of PKU GOLIKE, and mix with a spoon for a few seconds.

You'll enjoy every last drop of this delicious sweet treat!

If it fits with your diet regime, you can also use regular ice cream and milk. You can vary the type of fruit you use to suit your tastes, and use your imagination when it comes to toppings: crushed low-protein cookies, fresh fruit, or whipped cream. For kids, why not try adding colorful candies?

Use a spoon to clean the glass well, so that you get the full quantity of **PKU GOLIKE**.

Estimated PHE content: ~154 mg of PHE. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

The amount of PKU GOLIKE to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.

Fruity smoothie



IT'S ALWAYS THE RIGHT TIME FOR A SMOOTHIE!

INGREDIENTS FOR ONE SERVING

| | |
|------------------------|---------------------------|
| Coconut milk | 3 fl oz |
| Ripe mango | 1 cup (165 g) |
| Nectarine | $\frac{3}{4}$ cup (108 g) |
| PKU GOLIKE PLUS | 1 packet |

METHOD

Peel the mango and nectarine, remove the pit and cut into small pieces. Add the fruit and coconut milk to a blender and blend until smooth and creamy. Serve in a large cocktail glass, with a packet of **PKU GOLIKE** mixed in, and enjoy! Use a spoon to scoop up and eat all the **PKU GOLIKE** which may be left on the sides of the glass. If you don't have time to make the smoothie, you can simply buy a ready-made one from the supermarket and add **PKU GOLIKE** directly to the bottle (read the label carefully).

Estimated PHE content: ~ 76 mg of PHE (using Silk Coconut Milk). If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*

DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚





Lemon-Go

Sicilian granita

A HANDFUL OF SIMPLE, NATURAL INGREDIENTS
MAKE A COOL AND THIRST-QUENCHING TREAT



INGREDIENTS FOR ONE SERVING

| | |
|--------------------------------|-----------------------|
| Lemon juice | 3 fl oz |
| Sugar | 1/4 cup (or to taste) |
| Water | 1 cup |
| <small>PKU</small> GOLIKE PLUS | 1 packet |

DIFFICULTY 

TIME 

METHOD

Pour the water into a pan, add the sugar, and mix until the sugar melts. Turn off the heat and add the lemon juice, filtered through a sieve.

Pour the mixture into a container and place in the freezer. After two hours, loosen up the hardened mixture using an immersion blender. Blend for one minute before returning to the freezer. Add a packet of **PKU GOLIKE**, mix with a spoon, and return to the freezer. Remove the lemon granita from the freezer and serve, garnish with mint leaves if desired.

Estimated PHE content: ~ 9 mg of PHE. If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*

Non-alcoholic Piña GO Lada

CAN TAKING YOUR PROTEIN SUBSTITUTE REALLY BE AS EASY AS DRINKING A COOL COCKTAIL?

INGREDIENTS FOR ONE SERVING

| | |
|---------------------------------------|-----------------|
| Coconut milk | 3 fl oz |
| Fresh pineapple | 1 cup (165 g) |
| Brown sugar | 1 tsp (packed) |
| Lemon juice | to taste |
| Vanilla extract | to taste |
| Kiwi (or other fruit) | 2 slices (15 g) |
| <small>PKU</small> GOLIKE PLUS | 1 packet |

DIFFICULTY 🍳🍳🍳

TIME ⌚⌚⌚

METHOD

Place the previously cleaned and diced pineapple into a blender with the sugar, a squeeze of lemon, the coconut milk and, if you wish, a drop of natural vanilla extract. Blend until the consistency is smooth and frothy, and pour into a glass.

Add a packet of **PKU GOLIKE** and mix. Serve in a glass decorated with slices of pineapple and kiwi, or other fruit. Use a spoon to scoop up and eat all the **PKU GOLIKE** which may be left on the sides of the glass.

Estimated PHE content: ~ 51 mg of PHE (using Silk Coconut Milk). If the recipe is adapted by adding other ingredients, their Phenylalanine content should be taken into account.

*The amount of **PKU GOLIKE** to be used in this recipe is a suggestion and may be adjusted based on personal taste and protein equivalent prescribed by your metabolic clinician.*





HOW CAN YOU GET THE BEST RESULTS FROM PKU GOLIKE?

PKU GOLIKE is versatile, so it can adapt to suit anybody's tastes and food preferences. For the best experience, here are a few of our tips:



Add PKU GOLIKE when you've finished cooking, directly onto the serving plate, right before consumption. Use **creamy foods and thick drinks** to best mix in the granules, and use a spoon to scoop them all up.



One packet of PKU GOLIKE can be used for a single recipe, for multiple meals, or at different times over a 24-hour period (for example, half in a main dish and half in a side dish, or half at breakfast and half at lunch/dinner).



To make sure that the coating on the granules remains intact, so that the flavor of the dish is not altered and the **absorption of the amino acids is gradual and more physiological**, add GOLIKE to meals/drinks which are warm or cold, but not too hot.

ACKNOWLEDGMENTS

This recipe book came together thanks to the contribution of specialized doctors and dietitians. By strongly believing in the PKU GOLIKE project and recognizing its unique qualities, they had provided Relief Therapeutics with their experience and expertise.

Thanks to such an important collaboration, this resource was created to offer delicious and various everyday meal tips to enjoy together with PKU GOLIKE.

