

Creepy Carrot Mummies



Preparation time: 40 minutes

Baking time: 30 minutes

Recipe makes: 10

Ingredients

For the 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

For the 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.

Nutrition Info Per Serving (1 Carrot Mummy):

Calories: 130 | Protein: 1 g | Phenylalanine: 39 mg

Please check the suitability of this recipe for you with your healthcare professional.

This recipe was analyzed using HowMuchPhe.org.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Refer to labels for allergen information and suitability.

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