

Waffles' recipe

Number of portions : 12 waffles
Cooking time : 5 minutes
Resting time : 1 hour

NUTRITIONAL VALUES for 1 waffle	
Energy	146 kcal
Proteins of which	0.35 g
Phenylalanine	15 mg
Leucine	26 mg
Carbohydrate	25.8 g
Fat	4.6 g

Ingredients :

300 g of TARANIS pancakes and waffles mix
1 bag of baking powder
500 ml of TARANIS liquid Dalia
20 g of TARANIS egg substitute + 80 mL of water
50 g of butter

Preparation :

- Mix the contents of the mix sachet with the egg substitute in a bowl.
- Gradually pour in Dalia and melted butter.
- Add the baking powder.

Leave the dough to rest in the fridge for at least 1 hour before making the waffles.



Plain cake recipe

Number of portions : 8 portions
Cooking time : 5 minutes
Baking time : 20 minutes

NUTRITIONAL VALUES for 1 portion	
Energy	203 kcal
Proteins of which	0.1 g
Phenylalanine	3.7 mg
Leucine	3.7 mg
Carbohydrate	31.7 g
Fat	7.8 g

Ingredients :

300 g of TARANIS natural cake mix
150 mL of water
70 g of butter

Preparation :

- Preheat the oven at 180°C.
- Put the content of the cake mix in a bowl, add 150 mL of water and whisk.
- Melt 70 g of butter and add to the bowl, mix until smooth.
- Pour the batter in a mould and bake at 180°C for 20-25 minutes.
- Wait for the cake to cool down before demolding.



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TARANIS

Tasty
RECIPES



ANNIVERSARY
EDITION

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Waffle castle

Ingredients :

300 g of TARANIS pancakes and waffles mix
 1 bag of baking powder
 500 mL of TARANIS liquid Dalia
 20 g of TARANIS egg substitute + 80 mL of water
 50 g of butter

Decor :

Protein-free sweets
 Little toys (knights...)



Top view of the castle

Using 10 waffles: remove one every 2 squares on top of the waffles and assemble them by 4 to create towers. Join the towers with 2 waffles as shown on the scheme. Decorate the castle with sweets and toys.

Butterfly cake



Ingredients :

300 g of TARANIS natural cake mix
 150 mL of water
 70 g of butter

Decor :

round cake mould
 protein free sweets

Cut the cake in the middle and turn back to back, then cut triangles into the sides to form the wings.

Decorate symmetrically to create a butterfly.

Birthday cake

Ingredients :

300 g of TARANIS natural cake mix
 150 mL of water
 70 g of butter

Decor :

- round cake mould
- sugar-based baking decor



Pirate cake

Ingredients :

300 g of TARANIS natural cake mix
 150 mL of water
 70 g of butter

Decor :

Rectangular mould
 Wooden sticks
 Protein free sweets
 Paper towels



Place the sticks into the side of the cake to create oars, and make sails using sticks and paper towels.

Decorate the cake with sweets, little toys...



Waffle ice cream

Ingredients :

300 g of TARANIS pancakes and waffles mix
 1 bag of baking powder
 500 mL of TARANIS liquid Dalia
 20 g of TARANIS egg substitute + 80 mL of water
 50 g of butter

Decor :

banana slices
 protein free sweet



For 100 g of banana, 1.15 g protein, 34 mg Phe, 85 mg Leu