

Cinnamon rolls

Number of portions : 12 rolls

Cooking time : 30 minutes

+ 1 hour rest

Baking time : 15 minutes

NUTRITIONAL VALUES for 1 cinnamon roll	
Energy	180 kcal
Proteins of which	0.3 g
Phenylalanine	13 mg
Leucine	17 mg
Carbohydrate	32.7 g
Fat	5.4 g

Ingredients :

FOR THE DOUGH

300 g of Taranis bread and pastry mix

10 g of Taranis egg substitute

40 ml of water

8 g of yeast

1 pinch of salt

50 g of sugar

50 g of butter

100 ml of Taranis Dalia

FOR THE FILLING

20 g of butter

2 teaspoons of cinnamon

60 g of brown sugar

Instructions :

- Put the bread mix in a big bowl and mix with the cubed butter until crumbly
- Add the sugar, salt, yeast and mix well
- Mix the egg substitute, water and Dalia and knead the dough
- Cover the bowl and let rest for 1 hour
- Preheat the oven to 180°C (360°F)
- Roll out the dough and cut it into 12 rectangles
- Mix the brown sugar, butter and cinnamon
- Spread the mixture over the rectangles and roll them up
- Place in the oven for 15 minutes



Rusks



Hot chocolate

Vanilla-cocoa dessert
pudding
in warm Dalia

Suggested
accompaniment
Taranis hazelnut spread
Fruit jam



Christmas morning breakfast idea

TARANIS

Tasty RECIPES



CHRISTMAS EDITION

www.taranis-nutrition.com

LNS - 600 rue du Chalonge - Zone d'activités du Haut Montigné - 35370 TORCE - FRANCE
SAS AU CAPITAL DE 1 925 410€ - SIREN 451 194 963 - RCS Rennes

12/2024



Seasonal vegetables ballotine



Number of portions : 4 ballotines
Cooking time : 40 minutes

NUTRITIONAL VALUES for 1 portion	
Energy	133 kcal
Proteins of which	0.4 g
Phenylalanine	11 mg
Leucine	17 mg
Carbohydrate	27.2 g
Fat	2.5 g

Ingredients :

- 4 rice sheets
- 80 g of Taranis rice substitute
- 100 g of turnip (1 small)
- 100 g of carrot (1 medium)
- 100 g of onion (one half)

Instructions :

- Cut the vegetables into small cubes and cook them in a pan with a tablespoon of olive oil for 15 minutes.
- Bring a pot of water to a boil and cook the rice substitute for 8 minutes.
- Rinse the rice substitute with cold water and add it to the vegetables, mix.
- Plunge a rice sheet into a warm water plate then put it into a plate for dressing.
- Put a quarter of the preparation in the middle of the rice sheet and close it.
- Assemble the other portions.
- Heat a few minutes in the oven before serving.



Dried apricot couscous

Number of portions : 2
Cooking time : 20 minutes
Baking time : 25 minutes

NUTRITIONAL VALUES for 1 portion	
Energy	406 kcal
Proteins of which	2.3 g
Phenylalanine	82 mg
Leucine	133.5 mg
Carbohydrate	91.5 g
Fat	3.4 g

Ingredients :

- 1 sachet of Taranis meat substitute
- 120 g of Taranis couscous
- 25 g of raisins
- 4 dried apricots
- 1 pinch of cinnamon
- 1 pinch of cumin
- 1 onion
- salt



Preparation :

- Measure 120 g of couscous (1 cup), and add the same volume of boiling water to a bowl, leave to swell for 4 minutes. Plunge in cold water and separate the couscous grains by hand. Drain and set aside.
- Mix the meat substitute with the raisins. Pour 100 ml of boiling water and mix. Let sit for 10 minutes before shaping the balls.
- Peel and slice the onion. Cook it in a little oil. When golden, pour 100 ml of water. Add the cumin, cinnamon, dried apricot and salt.
- Poach the balls in the sauce with the couscous for 10 minutes before serving.



Christmas cake

Number of portions : 8
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 cake mix
- 150 ml of water
- 70 g of butter

Instructions :

- Preheat the oven at 180°C (360°F).
- Pour the cake mix sachet in a bowl, add 150 ml of water and whisk.
- Melt 70 g of butter and mix into the bowl.
- Pour the batter in a mould and bake at 180°C for 20 to 25 minutes.
- Wait for the cake to cool down before decorating it.

Protein-free
decors:
food grade
sparkles, sugar
dough...

