

Shortbread with Hazelnut Spread Topping

Number of portions: 1

Preparation time: 5 minutes

NUTRITIONAL VALUES for 1 portion	
Energy value	215 kcal
Proteins of which	0.25 g
Phenylalanine	6.5 mg
Leucine	10.8 mg
Carbohydrates	31.8 g
Fat	9.6 g

Ingredients :

- 1 sachet of Taranis Organic Shortbread Biscuits
- 2 tsp of Taranis Halznut Spread (approx. 20 g)

Preparation :

- Cover each biscuit with half a teaspoon of hazelnut spread (approx. 5 g).
- Decorate or draw to your liking with a chopstick or by adding sugar pearls.



Taranis shopping list for these recipes



Bread and Pastry Mix



Cheese Substitute



Organic Chocolate
Chip Cookies



Rusks



Hazelnut Spread



Fish Substitute



Liquid Dalia



Organic shortbread
biscuits

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TARANIS

Tasty RECIPES



EASTER EDITION

04/2025



Savoury Carrot and Orange Muffins

Number of portions: 8
Preparation time: 15 minutes
Cooking time: 25 minutes

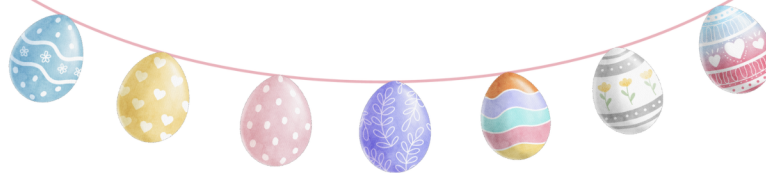
Ingredients :

80 g Taranis Bread and Pastry Mix
 120 ml orange juice
 200 g carrots
 Salt & pepper
 1 pinch cumin
 1 sachet baking powder
 2 slices of Taranis Cheese Substitute

Preparation :

- Preheat the oven to 180°C (gas mark 6).
- Combine the Mix with the salt, pepper and cumin. Add the orange juice little by little, stirring constantly.
- Grate the carrot and the cheese substitute with the finest grater into the dough. Add the baking powder without moving the dough too much.
- Using a spoon, take the required quantity of dough (it rises when raw) and transfer to muffin moulds.
- Bake at 180°C (gas mark 6) for 25 minutes.
- Allow to cool before demoulding, and serve with a carrot-based cocktail.

NUTRITIONAL VALUES for 1 portion	
Energy value	60 kcal
Proteins of which	0.4 g
Phenylalanine	8.2 mg
Leucine	13.7 mg
Carbohydrates	12.6 g
Fat	0.9 g



St-Jacques style Fish Substitute

Number of portions: 4
Preparation time: 20 minutes
Cooking time: 20 minutes

Ingredients :

1 sachet Taranis Fish Substitute
 15 g Taranis Bread and Pastry Mix
 125 ml Taranis Dalia
 2 Taranis Rusks
 80 g carrots
 50 g onions
 10 g butter
 100 ml water
 salt, pepper, oil

NUTRITIONAL VALUES for 1 portion	
Energy value	140 kcal
Proteins of which	0.85 g
Phenylalanine	29.5 mg
Leucine	47.0 mg
Carbohydrates	16.5 g
Fat	7.9 g



Preparation :

- Cut the carrots and onions very finely, then sauté for 10 minutes with a little oil. Season with salt and pepper.
- Prepare the béchamel sauce:
 - In a saucepan, melt the butter. Add the bread mix and stir.
 - Gradually add the 125 ml of Dalia. Stir over low heat until the sauce thickens.
- Prepare the fish substitute patty:
 - In a bowl, pour the contents of the fish substitute packet and 100 ml of cold water.
 - Mix and let sit for a few minutes.
 - Shape 4 patties and cook them in a pan over medium heat, 3 minutes on each side.
- Assemble the dish: mix the vegetables and béchamel sauce, place a quarter in each bowl. Place a fish substitute patty in the center, sprinkle with rusks crumbs.

Little Easter Nests

Number of portions: 3 nests
Preparation time: 10 minutes



Ingredients :

6 Taranis Organic Cookies
 100 g white fondant icing
 Little sugar eggs for decoration

Utensils :

Garlic press

Preparation :

- Knead the fondant quickly to warm it. Fill the garlic press with bits of fondant icing and press hard to make long ribbon-like threads of fondant.
- Turn the cookies over and arrange the ribbons of fondant into a nest shape.
- Garnish the nests with little sugar eggs.

NUTRITIONAL VALUES for 1 portion	
Energy value	274 kcal
Proteins of which	0.2 g
Phenylalanine	4 mg
Leucine	7 mg
Carbohydrates	51.8 g
Fat	7.3 g



Tip :
 work quickly as
 the fondant
 ribbons will stick
 to each other.

