

KETOGENIC RECIPES
INSPIRED FROM AROUND THE GLOBE





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We invited our international Nutricia colleagues to send us a variety of their KetoCal recipes.

We picked out a few of our favourites. Recipe ratios vary and some ingredients may be harder than others to source. Therefore, to adapt recipes we have added each of them to www.myketoplanner.co.uk where you can modify and change ingredients for your convenience*.

Speak with one of the Nutricia chefs for ideas.

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HINTS AND TIPS!



Weigh all ingredients before preparing your chosen recipe.



After weighing a dry ingredient, you may 'zero' the scales to carefully add another dry ingredient to the same container. Weigh all the higher volume ingredients last.



Recipes with KetoCal may be cooked faster than regular recipes. You may need to adjust the baking time to prevent overcooking.



Use silicone muffin trays. This will keep the fat from seeping away from the product. Do not use paper liners as they will absorb the fat.



Why not bulk cook these recipes by multiplying up the quantities or halving them if required. Ensure to alter all ingredients in the recipe.



Use a rubber spatula to fully clean each container.



Do not microwave KetoCal as this form of heating can denature some of the vitamins and minerals in the product. Likewise do not boil recipes containing KetoCal. Always add KetoCal at the end of cooking unless otherwise instructed in the recipe.



KetoCal can be flavoured with sugar free Da Vinci syrups. Speak to your dietitian for more information.

USEFUL TOOLS

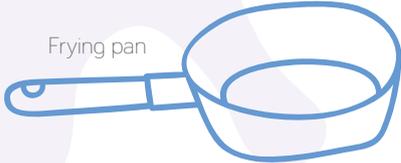


Spatula

Measuring spoons



Frying pan



Silicone baking tray



Sieve



Weighing scales



Mixing bowl and spoon



Knife



Chopping board



Masher



Whisk



Rolling pin



Shaker and plastic tubs





SNACKS



CHEESE AND BACON MUFFINS

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
3.42	323	29.37	10.9	2.05:1	6 (60g per serving)

INGREDIENTS

- 7g KetoCal 3:1 powder
- 5g salted butter
- 13g almond butter
- 1g baking powder
- 10g Cheddar cheese
- 11ml coconut flour
- 14g whole eggs
- 12g semi-skimmed milk
- 8g onions
- 10g bacon rashers

DIRECTIONS

- 1 Preheat oven to 170°C (gas mark 3).
- 2 Mix all the ingredients together and place in the mould.
- 3 Cook for 30 minutes or until golden.
- 4 Remove from the oven and allow to cool on a wire tray.



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INGREDIENTS

30g **KetoCal 4:1 powder** (vanilla)

16g **blueberries**

20g **unsalted butter**

10g **single cream**

12ml **beaten eggs**

1g **ground cinnamon**

2g **baking powder**

30g **distilled water**

5g **Truvia sweetener**

CRUNCHY BISCUITS

Sweet treat perfect for a quick snack

Nutrition information (for entire recipe)

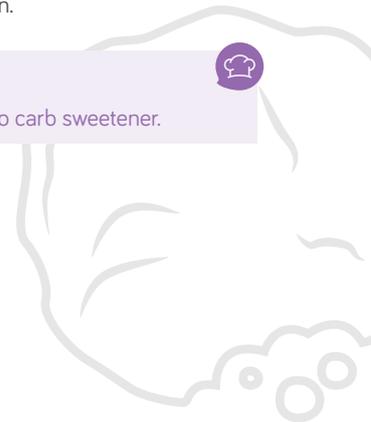
CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
3.64	408	40.47	6.61	3.95:1	1

DIRECTIONS

- 1 Preheat the oven to 180°C (350°F).
- 2 Mix KetoCal 4:1, single cream, eggs, baking powder, sweetener and water in a bowl.
- 3 Melt the butter and add it to the mixture.
- 4 Mince the blueberries and add them to the mixture.
- 5 Add a pinch of cinnamon.
- 6 Put the mixture over waxed paper.
- 7 Spread a thin layer and cut them in to squares.
- 8 Cook it at 180°C for 10 minutes or until it is golden brown.

CHEF'S TIP

Optional: Add zero carb sweetener.



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INGREDIENTS

40g **KetoCal 4:1 powder** (unflavoured)

100g **spreadable full fat white cheese**

44g **unsalted butter**

125g **Camembert cheese**

20g **Emmental cheese**

10g **fresh chives**

1g **paprika**

OBATZTER WITH CHIVE

Creamy cheese dish inspired from the south of Germany

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
4.61	1310	123.01	44.71	2.49:1	4

DIRECTIONS

- 1 Weigh all ingredients.
- 2 Stir butter until creamy.
- 3 Add KetoCal 4:1 and white cheese.
- 4 Chop Camembert or mash it with a fork.
- 5 Grate Emmental cheese.
- 6 Chop the chive after washing and drying.
- 7 Mash all ingredients together and serve with paprika.



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INGREDIENTS

20g **KetoCal 4:1 powder** (vanilla)

40g **raw courgette**

16g **whipping cream**

10g **unsalted butter**

20g **whole eggs**

10ml **Canola oil**

10g **Cheddar cheese**

COURGETTE MUFFINS

Light savoury snack

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
187	441	43.8	9.04	4.0:1	2

DIRECTIONS

- 1 Preheat the oven to 180°C (350°F).
- 2 Grate the courgettes finely.
- 3 Mix all ingredients together. Season according to taste.
- 4 Pour into silicone muffin cases.
- 5 Bake for approximately 15 minutes until golden brown.



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INGREDIENTS

18g KetoCal 3:1 powder

15g egg yolks

15g whipping cream

17g unsalted butter

10g Cheddar cheese

LAFFA WRAP

Middle Eastern delicacy

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
1.88	403	40.24	8.15	4.01:1	1

DIRECTIONS

- 1 Preheat the oven to 180°C (350°F).
- 2 Beat egg white.
- 3 Mix all remaining ingredients.
- 4 Fold into egg white.
- 5 Pour onto 10cm circumference silicone paper.
- 6 Bake in oven for 15 minutes until golden brown.



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ROSTI WITH COURGETTE

Savoury speciality from Switzerland

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
9.2	760	72.69	15.18	2.98:1	2

INGREDIENTS

35g **KetoCal 4:1 powder** (unflavoured)

70g **courgette**

22g **potatoes**

10g **Gouda cheese**

38g **rapeseed oil**

1g **locust bean gum**

5g **flaked or ground almonds**

1g **salt**

1g **black pepper**

40ml **beaten eggs**

DIRECTIONS

- 1 Weigh all ingredients.
- 2 Grate vegetables and Gouda cheese.
- 3 Add KetoCal 4:1, 18g rapeseed oil and all other ingredients.
- 4 Add seasoning and mix well.
- 5 Heat 20g rapeseed oil in a non-stick frying pan and layer mixture evenly in the pan.
- 6 Heat both sides until golden brown.



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PUMPKIN SPICE SHAKE

A 3:1 ketogenic shake inspired by the US

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
2.2	210	19.99	4.46	3:1	1

INGREDIENTS

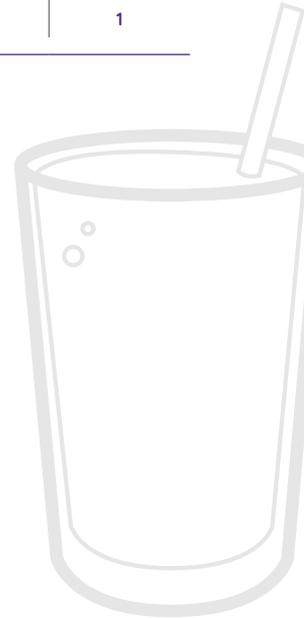
135ml **KetoCal 4:1 LQ** (vanilla)

15g **canned pumpkin**

1g **ground cinnamon**

DIRECTIONS

- 1 Use KetoCal LQ unflavoured or vanilla. If using unflavoured, we recommend adding a carb-free sweetener.
- 2 Blend all ingredients together until smooth.
- 3 Once prepared, serve immediately or store in a refrigerator for up to 24 hours.



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TACO SOUP

If you like tortilla soup, you will love the flavours of this keto-friendly, creamy taco soup, inspired by the US

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
3.79	343	33.85	4.72	3.98:1	1

INGREDIENTS

120ml **KetoCal 4:1 LQ** (unflavoured)

2ml **granulated chicken bouillon**

14g **olive oil**

10g **tomato paste**

5g **onions**, raw

1g **fresh coriander leaves**

8g **avocado**

0.5g **chilli powder**

0.5g **cumin seeds**

0.5g **paprika**

0.5g **oregano**

15g **green pepper**

DIRECTIONS

- 1 Heat olive oil in a pan on a low heat.
- 2 Add diced green peppers and onions to oil and sauté until slightly tender (about 5-10 minutes).
- 3 Add bouillon (dissolved in the 1 tbsp water) and KetoCal LQ, blend together.
- 4 Add tomato paste, stir well.
- 5 Add chilli powder, cumin, paprika, and oregano (note - this may be spicy for little ones so consider adjust according to taste).
- 6 Stir well over low heat until ingredients

are well blended (do not overheat on higher temperatures or cook for too long, this alters the texture).

- 7 Pour soup into a bowl, top with diced avocado and chopped coriander.



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TACO SHELL

Delicious taco shell easily adapted ratios by changing filling types

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
2.22	140	12.51	4.09	1.98:1	1

INGREDIENTS

18g **KetoCal 4:1 powder** (unflavoured)

12ml **beaten eggs**

2g **wheat flour**

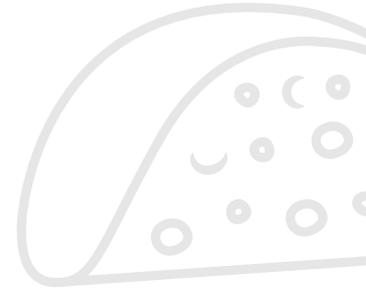
DIRECTIONS

- 1 Mix all the ingredients together in a bowl.
- 2 Place the mixture on a lined baking sheet.
- 3 Smooth out the mixture with a knife to form a 5 inch circle.
- 4 Bake in pre heated oven 180°C (gas mark 5) for 4-6 minutes.
- 5 Once golden around the edges, take out of the oven and place to cool over a rolling pin to form the taco shape. Allow to cool completely.

CHEF'S TIP



Once cooled, fill the shell with whatever you like - shredded lettuce, tomato, cucumber, green pepper, avocado, cooked chicken, fish, cream cheese (remember to calculate ingredients and impact on ratio).



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MAIN MEALS



KETO BREAD

There is nothing quite like fresh out of the oven homemade bread

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
14.16	1967	178.44	60.85	2.38:1	10

INGREDIENTS

90g **KetoCal 4:1 powder** (unflavoured)

80g **almond meal**

25g **psyllium husk**

44g **unsalted butter**

5ml **apple cider vinegar**

228ml **beaten eggs**

20ml **double cream**

5g **baking powder**

100g **distilled water**

DIRECTIONS

- 1 Preheat oven to 165°C (gas mark 3). (approximately 30 minutes).
- 2 Combine 72g of almond meal, KetoCal 4:1, psyllium husk and baking powder in a bowl.
- 3 Whisk melted butter, eggs, cream, water and apple cider vinegar.
- 4 Using a spatula, gently mix wet ingredients and dry ingredients to form a batter.
- 5 Grease a medium loaf tin and dust with remaining almond meal (8g), then pour batter into the tin.
- 6 Bake until a skewer inserted into the centre of the bread comes out clean
- 7 Let bread cool on a wire rack, cut into 10 equal slices and serve.

CHEF'S TIP



- Avoid over mixing the batter to prevent the bread from getting oily and dense. You can toast the Keto bread under the grill or in a frying pan.
- Bread can be frozen.
- We recommend slicing the loaf once cool, and place grease-proof paper between each slice to avoid them sticking when frozen. Then simply thaw or toast anytime!

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MINI CHICKEN SCHNITZEL

Traditional Austrian dish

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
3.01	476	45.94	12.08	3.04:1	1

INGREDIENTS

- 5g KetoCal 3:1 powder
- 10g egg yolks
- 30g raw chicken breast
- 10g fresh coconut
- 20ml full fat mayonnaise
- 5ml ketchup
- 20g olive oil

DIRECTIONS

- 1 In a small bowl mix the ground coconut with the KetoCal 3:1.
- 2 In a separate bowl, beat the egg yolk.
- 3 Dip the chicken strips first in the egg then in the coconut-KetoCal mix.
- 4 Fry in the oil.
- 5 In a small bowl, mix the mayonnaise and ketchup to make dip.



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INGREDIENTS

40g **KetoCal 4:1 powder** (unflavoured)

9g **chicken breast**

17g **olive oil**

10g **Cheddar cheese**

38g **spinach**

CHICKEN AND SPINACH IN CHEESE SAUCE

Delicious chicken bake with a Brazilian twist

Nutrition information (for entire recipe)

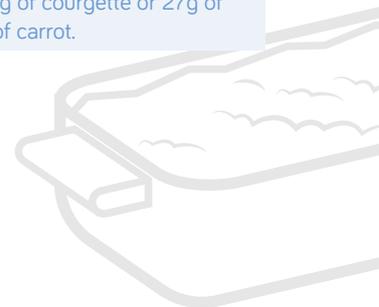
CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
1.9	497	48.4	12.07	3.46:1	1

DIRECTIONS

- 1 Preheat the oven to 160°C (320°F).
- 2 Braise spinach.
- 3 Fry chicken in 5ml of oil, previously seasoned with garlic, onions and salt.
- 4 Add remaining oil, KetoCal 4:1, half of the cheddar cheese and water in a small pot.
- 5 Mix well until the cheese melts.
- 6 Do not boil.
- 7 Mix chicken with spinach.
- 8 Cover it with cheese sauce. Sprinkle the rest of the cheddar cheese.
- 9 Cook at 160°C for 5-10 minutes.

CHEF'S TIP

Spinach may be replaced by: 32g of cauliflower or 45g of courgette or 27g of broccoli or 30g of carrot.



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CHICKEN AND CAULIFLOWER DORE

Traditional Brazilian dish

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
2.67	467	46.22	8.92	3.99:1	1

INGREDIENTS

20g **KetoCal 4:1 powder** (unflavoured)

9g **whole eggs**

16g **olive oil**

12g **raw chicken breast**

3g **carrots**

24g **cauliflower**

9g **green olives**

18ml **full fat mayonnaise**

1g **garlic powder**

1g **dried parsley**

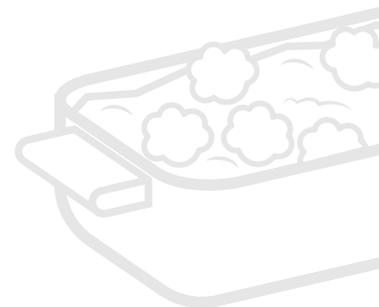
1g **salt**

DIRECTIONS

- 1 Whisk the egg in a bowl with garlic and parsley – both previously chopped.
- 2 Season it with salt, add KetoCal 4:1 and oil.
- 3 Precook the cauliflower in boiling water.
- 4 Add the precooked cauliflower and the chicken into the mixture.
- 5 Put it in the oven until it grills/browns or fry it in hot oil.

Sauce

- 1 Weigh all ingredients raw.
- 2 Mix the mayonnaise with carrot and olives finely chopped and season with parsley.



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INGREDIENTS

20g **KetoCal 4:1 powder** (unflavoured)

55g **rutabaga**

5g **onion**

15g **rapeseed oil**

130g **distilled water**

2g **chicken stock cubes**

32g **avocado**

3g **pine nuts kernels**

1g **salt**

1g **black pepper**

RUTABAGA SOUP WITH AVOCADO BALLS AND PINE NUTS

Hot, comforting vegetarian dish perfect for winter

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
9.77	408	37.63	5.37	2.49:1	1

DIRECTIONS

- 1 Weigh all ingredients.
- 2 Heat rapeseed oil in a cooking pot and roast onions gently.
- 3 Add vegetables and sauté for a short time (3 minutes).
- 4 Add water and grained chicken stock.
- 5 Boil for approximately 10 minutes.
- 6 Add KetoCal 4:1 to the soup.
- 7 Purée the soup with a hand blender.
- 8 Add seasoning.
- 9 To make avocado balls you can use a melon baller.
- 10 Roast pine nuts in a pan without oil.
- 11 Serve soup in a warm plate or bowl. Add avocado balls and pine nuts as a topping.



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COURGETTE CHIPS

Tasty side dish that goes with every meal

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
1.3	194	19.23	3.44	4.06:1	1 (as a side dish)

INGREDIENTS

10g KetoCal 4:1 powder (unflavoured)

40g courgette

8g egg yolks

10g olive oil

DIRECTIONS

- 1 Coat the courgettes with beaten egg yolk.
- 2 Coat the sliced courgettes with KetoCal 4:1.
- 3 Deep fry in oil. Don't forget to add the oil from the pan to the cooked chips!



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INGREDIENTS

30g **KetoCal 4:1 powder** (unflavoured)

5g **onion**

10g **carrot**

10g **raw spinach**

25g **fresh cod**

30g **fresh half cream**

20g **distilled water**

2g **alginate acid**

1g **ground nutmeg**

12g **olive oil**

COD WITH CREAM

Mediterranean fish dish

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
5.11	405	37.35	10.02	2.47:1	1

DIRECTIONS

- 1 Preheat the oven to 180°C (350°F).
- 2 In a non-stick frying pan, place the chopped onion with the olive oil; heat it until the onion is translucent.
- 3 Add the spinach and the carrot and cook for 1-2 minutes.
- 4 Add the shredded cod and cook a little more. Season with salt and herbs (oregano, mixed herbs).
- 5 On the side, mix the KetoCal 4:1 with the cream (if thick, add a little water), the alginate, the nutmeg, the salt and the pepper.
- 6 Place the above preparation in a container and add the cream mixture and KetoCal 4:1.
- 7 Bake for 10 minutes or until golden brown.

CHEF'S TIP

Put the ingredients in layers to get a lasagna.



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INGREDIENTS

20g **KetoCal 4:1 powder** (unflavoured)

200ml **KetoCal 4:1 LQ** (unflavoured)

61g **whole eggs**

50g **onion**

17g **olive oil**

30ml **full fat mayonnaise**

3g **xanthan gum**

110g **celeriac**

SPANISH TORTILLA

Recipe provided by Nutricia Spain

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
8.72	948	90.1	21.33	3:1	6

DIRECTIONS

- 1 Steam the celery root (it does not need to be very soft).
- 2 In a bowl mix the KetoCal 4:1 powder, mayonnaise, and salt to taste.
- 3 Gradually add the Ketocal 4:1 LQ while stirring with a whisk to form a cream.
- 4 Cut the onion and the celery root into small pieces and fry the onion first and then cook celeriac in oil (approximately 200ml oil).
- 5 When golden brown, remove from the oil and leave to cool.
- 6 Whisk the egg in a bowl until smooth and mix with the previously made cream.
- 7 Mix everything well and pour in a pan with a little oil to make the tortilla.
- 8 Loosen the tortilla with a spatula if needed, then carefully slide onto a large plate. Turn the skillet upside down and place onto the uncooked side of the tortilla. Turn the skillet right-side-up, and remove the plate. Return the skillet to the stove, and continue cooking until the tortilla has set in the centre, about 4 minutes.
- 9 Cook over medium-low heat to avoid burning.

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INGREDIENTS

- 18g KetoCal 3:1 powder
- 11g Calogen
- 16g whole eggs
- 1g wheat flour
- 2g carb free baking powder
- 8g distilled water
- 11g olive oil
- 13g instant gravy granules

YORKSHIRE PUDDING WITH GRAVY

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
10.78	359	32.54	5.49	2:1	1

DIRECTIONS

- 1 Preheat oven to 200°C (gas mark 6).
- 2 Add KetoCal 3:1 to egg, flour and baking powder, mix in Calogen and water to form a batter.
- 3 Place oil in Yorkshire pudding tin and heat for 10 minutes.
- 4 Remove from the oven and pour in batter mix.
- 5 Return to the oven and bake for 10-15 minutes.
- 6 Make up gravy and serve with Yorkshire puddings.



Calogen is a Food for Special Medical Purposes for the dietary management of conditions requiring a high energy intake and must be used under medical supervision.

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INGREDIENTS

11g **KetoCal 4:1 powder** (unflavoured)

23g **olive oil**

11g **chicken**

9g **white mushrooms**

7g **green pepper**

3g **tomato purée**

8g **bulbs of spring onions**

2g **garlic purée**

14g **canned tomatoes**

2g **curry powder**

10g **distilled water**

CHICKEN CURRY

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
2.99	320	31.66	4.98	3.97:1	1

DIRECTIONS

- 1 Place oil in saucepan and heat, add chicken, mushroom, pepper, tomato purée, spring onion and garlic purée and cook on medium heat for 10 minutes.
- 2 Add chopped tomatoes, curry powder and water, cook for another 10 minutes on low heat.
- 3 Mix KetoCal 4:1 into curry (do not boil) and serve immediately.



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INGREDIENTS

11g **KetoCal 4:1 powder** (unflavoured)

21g **egg whites**

9g **egg yolks**

16g **olive oil**

2g **Parmesan cheese**

8g **tomatoes**

CHEESE OMELETTE

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
0.58	270	27.01	6.09	4.05:1	1

DIRECTIONS

- 1 Beat together egg white, egg yolk, KetoCal 4:1 and 7g olive oil.
- 2 Heat remaining olive oil in small frying pan until hot and pour in the mixture, use spatula to ensure all ingredients are cooked.
- 3 After 5 seconds, move edges of setting omelette to the centre of the pan with a fork and tilt pan in all directions so that uncooked egg flows around the edges. Continue until mixture is lightly set and the top is moist.
- 4 Add cheese and chopped tomato and place under grill to cook the top.
- 5 Fold omelette in half and serve.



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PIZZA MUFFIN

A delicious American snack with Italian vibes

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
4.25	555	55.39	9.66	3.98:1	1 (2 regular or 10-12 mini muffins)

INGREDIENTS

24g KetoCal 3:1 powder

10g tomato paste

2g baking powder

6g Parmesan cheese

35g olive oil

10g distilled water

26g whole eggs

DIRECTIONS

- 1 Preheat oven to 180°C (350°F).
- 2 Spray regular or mini muffin pan.
- 3 Place all ingredients in a blender or food processor, except for cheese.
- 4 Blend until smooth. Add a pinch of dried Italian seasoning garlic and onion powder.
- 5 Divide between 2 muffin cavities or between mini muffin cavities.
- 6 Bake 15-18 minutes for regular muffins or 8-12 minutes for mini muffins.



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CHICKEN NUGGETS

Delicious crispy chicken bites

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
0.77	392	37.82	11.79	3.0:1	1

INGREDIENTS

10g **KetoCal 4:1 powder** (unflavoured)

0.5g **baking powder**

28g **chicken breast**

12g **whole eggs**

12g **olive oil**

22ml **full fat mayonnaise**

DIRECTIONS

- 1 Weigh and measure out all the ingredients.
- 2 Mix all ingredients except for oil.
- 3 Place ingredients (except oil) in blender or food processor.
- 4 Add salt, pepper and garlic powder.
- 5 Blend well.
- 6 Add oil to a heated non-stick pan.
- 7 Drop chicken batter into hot oil and brown on both sides.



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DESSERTS

KAISERSCHMARRN

Austrian speciality pancakes in the name of Austrian emperor Franz Joseph I

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
3.28	468	46.29	8.43	3.95:1	2

INGREDIENTS

20g KetoCal 4:1 powder (vanilla)

18g egg yolks

10ml whipping cream

10g flaked or ground almonds

21g unsalted butter

5g guar gum flour

10g Truvia sweetener

DIRECTIONS

- 1 Weigh all ingredients.
- 2 Mix eggs with whipping cream.
- 3 Mix KetoCal 4:1 and almond powder and add them to the egg-cream-dough. Stir well.
- 4 Add more sweetener if necessary. Add guar gum flour.
- 5 Heat butter in a non-stick frying pan and bake a cake.
- 6 Use two forks to pull the cake to pieces. Serve hot. Powder with sweetener.



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INGREDIENTS

18g **KetoCal 4:1 powder** (unflavoured)

35g **Greek style fruit yogurt**

25g **strawberries**

26ml **canola oil**

YOGURT WITH FRUIT

A healthy breakfast

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
5.96	417	41.53	4.42	4:1	1

DIRECTIONS

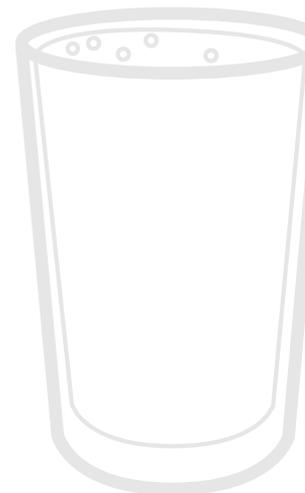
- 1 Blend all ingredients, except the oil.
- 2 Add oil straight to glass and serve.

CHEF'S TIP



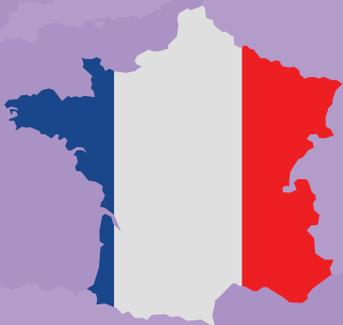
Instead of strawberries, you can use 20g fresh blackberries.

Instead of canola oil, use 50g fresh cream.



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INGREDIENTS

5g **KetoCal 4:1 powder** (vanilla)

25g **egg yolks**

60g **whipping cream**

2g **unsalted butter**

1ml **vanilla extract** (sugar free)

CRÈME BRÛLÉE

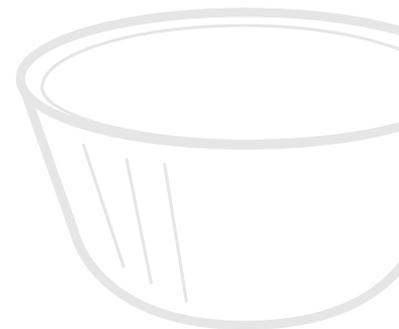
A classic dessert

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
2.94	354	35.43	5.94	3.99:1	1

DIRECTIONS

- 1 Heat oven to 180°C.
- 2 Beat egg yolk, whipping cream and vanilla essence.
- 3 Add 6-7 drops artificial sweetener.
- 4 Add KetoCal 4:1 vanilla.
- 5 Grease baking tin with butter.
- 6 Bake for 25 minutes until golden brown and of a light texture.



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MARBLE CAKE

Tasty cake perfect for celebrations

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
17.72	2006	186.65	57.74	2.47:1	12

INGREDIENTS

- 50g **KetoCal 4:1 powder** (vanilla)
- 90g **unsalted butter**
- 70g **Truvia sweetener**
- 90g **egg whites**
- 110g **curd cheese** (40% fat)
- 130g **flaked or ground almonds**
- 3g **guar gum flour**
- 2g **baking powder**
- 3g **cocoa powder**

DIRECTIONS

- 1 Grease the cake pan (Ø 16 cm) with a little bit of butter (5g). Preheat oven to 180°C.
- 2 Beat butter and sweetener until fluffy. Add eggs and beat further.
- 3 Add curd cheese.
- 4 Mix almond meal, KetoCal 4:1, guar gum flour and baking powder.
- 5 Add mixture to dough and stir with a hand mixer for 2 minutes.
- 6 Divide the dough into two parts and add cocoa powder to one of them.
- 7 Add both into the cake pan and mix them carefully with a fork by making loops.
- 8 Bake for 45 minutes, maybe cover with an aluminium foil for the last 10 minutes.



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INGREDIENTS

25g **KetoCal 4:1 powder** (unflavoured)

18g **rapeseed oil**

50g **desiccated coconut**

25g **flaked or ground almonds**

15g **psyllium husk**

50g **whole eggs**

25g **curd cheese** (20% fat)

1g **salt**

COCONUT ROLLS

German delicious rolls, perfect for a small snack

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
7.16	930	85.84	21.06	3.04:1	4

DIRECTIONS

- 1 Mill desiccated coconut using an electric kitchen machine.
- 2 Weigh all ingredients.
- 3 Use silicon dough scraper to mix all ingredients.
- 4 Add salt if needed.
- 5 Form 4 rolls and place them on a baking tray covered with pan liner.
- 6 Preheat oven to 180°C.
- 7 Bake for 15-20 minutes.
- 8 Remove from the oven and wait until the fat foam disappears.



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INGREDIENTS

60ml **KetoCal 4:1 LQ** (vanilla)

32ml **double cream**

18g **crème fraîche**

4g **sugar free jelly crystals**

26g **strawberries**

PANNA COTTA

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
4.07	254	24.39	4.04	3.0:1	1

DIRECTIONS

- 1 Heat double cream, KetoCal 4:1 LQ and crème fraîche until hot using a double saucepan or a basin standing in hot water.
- 2 Place jelly in a bowl and add mixture, stir until smooth, add strawberries.
- 3 Pour into a dish or mould and chill in fridge.



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INGREDIENTS

5g **KetoCal 4:1 powder** (vanilla)

35g **whole eggs**

20g **salted macadamia nuts**

15g **coconut oil**

10g **unsalted butter**

8g **raw tahini**

TAHINI BISCUITS

Eight Middle-Eastern biscuits with authentic tahini flavour

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
2.49	498	50.44	7.79	4.91:1	8 (1 biscuit per serving)

DIRECTIONS

- 1 Heat oven to 180°C (350°F).
- 2 Beat egg until light and airy.
- 3 Add the remaining ingredients*. Cinnamon can be added if required.
- 4 Mix and place spoonfuls on silicone baking sheet.
- 5 Bake for approximately 15 minutes.

CHEF'S TIP



*Butter – instead of adding to mixture, butter can be brushed on top of cooked biscuits before serving.



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OLIEBOL

A small Dutch treat

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
4.32	681	66.46	14.55	3.52:1	5

INGREDIENTS

60g **KetoCal 4:1 powder** (unflavoured)

45ml **beaten eggs**

20g **distilled water**

3g **raisins**

20g **olive oil**

DIRECTIONS

- 1 Mix the KetoCal 4:1 with the beaten egg and the water.
- 2 Cut the raisins into little pieces and add these to the dough.
- 3 Heat oil until it just starts to smoke.
- 4 Divide mixture into 5 parts (this can also be done with two spoons) and add to pan.
- 5 Turn the balls after approximately 3 minutes and continue to do so until they have a gold brown colour.
- 6 Take the oliebolle from the pan and leave to cool on a paper towel.



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INGREDIENTS

18g **KetoCal 4:1 powder** (vanilla)

8g **salted butter**

16ml **coconut flour**

0g **liquid sweetener**

35g **blackberries**

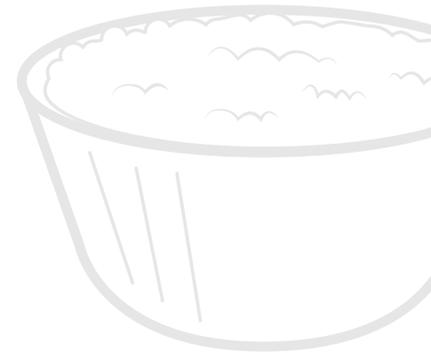
BLACKBERRY CRUMBLE

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
3.31	294	29.03	3.91	4.02:1	1

DIRECTIONS

- 1 Preheat oven to 150°C (gas mark 2).
- 2 Place KetoCal 4:1, butter, coconut flour and sweetener into a bowl.
- 3 Rub in butter with fingertips to make fine crumbs.
- 4 Place blackberries in a small ovenproof dish and cover with crumble topping.
- 5 Bake in the oven for 10 minutes or until golden brown.



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PUMPKIN PIE

Hot dish perfect for winter

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
7.04	439	42.13	7.1	2.98:1	1

INGREDIENTS

12g **KetoCal 4:1 powder** (unflavoured)

16g **unsalted butter**

52g **canned pumpkin**

36g **whipping cream**

01g **dried cloves**

02g **ground ginger**

05g **ground cinnamon**

8g **almond flour**

15ml **beaten eggs**

DIRECTIONS

- 1 Preheat oven to 325°F.
- 2 Melt the weighed butter then allow to cool slightly.
- 3 Stir the raw mixed egg into butter.
- 4 Stir pumpkin and heavy cream into the above mixture.
- 5 Mix in optional sweetener.
- 6 Weigh remaining dry ingredients and mix together until well blended.
- 7 Mix pumpkin mixture into dry ingredients.
- 8 Pour mixture into a mini pie tart pan or 4 ½" crème brûlée dish that has been sprayed with non-stick oil spray.
- 9 Bake at 325°F for 25-30 minutes.
- 10 Refrigerate after pie has cooled. Serve pie with whipped cream.



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VANILLA BIRTHDAY CAKE POPS

These keto cake pops are delicious and versatile!

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
6.39	1049	102.01	23.7	3.39:1	1 (10-12 pops)

INGREDIENTS

- 42g **KetoCal 4:1 powder** (vanilla)
- 8g **Truvia sweetener**
- 2g **baking powder**
- 48g **whole eggs**
- 50ml **full fat mayonnaise**
- 2ml **sugar free vanilla extract**
- 52g **almond flour**

DIRECTIONS

- 1 Weigh out all ingredients.
- 2 Mix ingredients together.
- 3 Allow batter to rest for at least 5 minutes.
- 4 Heat cake pop maker.
- 5 Fill cake pop cavities level.
- 6 Close lid and allow to cook for 5 minutes.
- 7 Carefully remove cake pops and allow to cool.
- 8 Make glaze by combining sweetener and water.
- 9 Either drizzle over or dip cake pops in the sweetener syrup.
- 10 Allow cake pops to absorb the syrup.

CHEF'S TIP



- Decorate them with your favourite low carb frostings and sprinkles (Truvia and food colouring).
- This recipe makes approximately 10-12 cake pops but may vary depending on the cavity size of your cake pop maker.
- Once prepared, serve immediately or store in a refrigerator for up to 24 hours.

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GLAZED DOUGHNUTS

Tasty sweet treats

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
8.12	1012	97.43	24.03	3.03:1	1 (8 mini doughnuts)

INGREDIENTS

42g KetoCal 3:1 powder

8g Truvia sweetener

2g baking powder

45ml full fat mayonnaise

2ml sugar free vanilla extract

52g almond flour

48g whole eggs

DIRECTIONS

- 1 Weigh out all ingredients.
- 2 Mix ingredients together.
- 3 Allow batter to rest for at least 5 minutes.
- 4 Heat mini doughnut maker (you could also use a cake pop maker for doughnut holes!).
- 5 Fill doughnut cavities level.
- 6 Close lid and allow to cook for 5 minutes.
- 7 Carefully remove doughnuts and allow to cool.
- 8 Make glaze by combining sweetener and water.
- 9 Drizzle over or dip mini doughnut in the sweetener syrup.
- 10 Allow doughnut to absorb the syrup.

CHEF'S TIP

- Choose your own low-carb toppings to make your doughnuts unique and tasty! Examples include bacon crumbles, sprinkles (Truvia mixed with food colouring), cinnamon and Truvia, shredded unsweetened coconut, crushed macadamia nuts, etc.
- Makes approximately 8 mini doughnuts, but may vary depending on the cavity size of your mini doughnut maker.

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INGREDIENTS

- 65g **KetoCal 4:1 powder** (unflavoured)
- 76g **unsalted butter**
- 44g **whole eggs**
- 70g **flaked and ground almonds**
- 15g **psyllium husk**
- 60g **Truvia sweetener**
- 35g **ground cinnamon**
- 9g **dried cloves**
- 2g **ground allspice**
- 1g **ground nutmeg**
- 2g **dried coriander leaf**
- 2g **ground cardamon**
- 2g **ground ginger**
- 1g **ground mace**

LEBKUCHEN

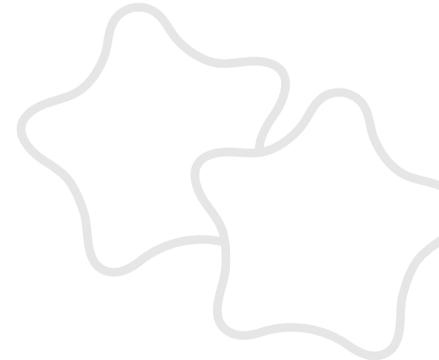
Traditional baked German Christmas biscuits

Nutrition information (for entire recipe)

CARBOHYDRATE	CALORIES	FAT	PROTEIN	RATIO	SERVES
10.7	1602	153.86	33.51	3.48:1	15

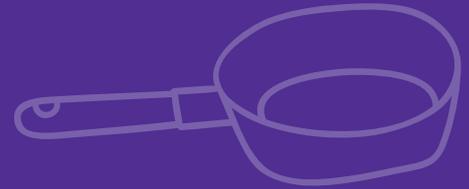
DIRECTIONS

- 1 Weigh the ingredients. Preheat oven to 170°C (air circulation).
- 2 Beat butter until fluffy. Add eggs and all other ingredients and knead further.
- 3 Knead the dough also with hands to get it smooth.
- 4 Roll out the dough between two cling film pieces.
- 5 Use a star cookie cutter and place the cookies on a baking tray covered with a pan liner.
- 6 Bake for 10 minutes.
- 7 Remove from the oven and wait until chilled.
- 8 Use keto chocolate to decorate if you like!



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