



MODIFIED KETOGENIC DIET

Recipe Book Includes Skill Rating!



Making it even easier to make your favourite meals but with our easy step by step guide you won't need to be a chef to master all the stars!

This recipe book is intended for parents/carers or patients who have been prescribed Ketocal by a Healthcare Professional. Always consult with a specialist dietician before commencing a ketogenic diet.

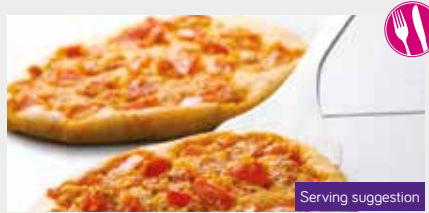
Ketocal is a Food for Special Medical Purposes for the dietary management of drug resistant epilepsy or other conditions where the ketogenic diet is indicated and must be used under medical supervision.

Introduction



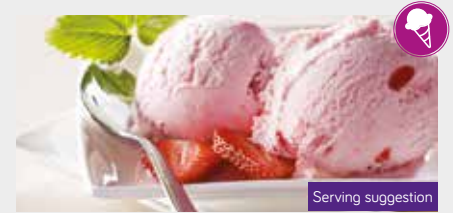
Serving suggestion

Raspberry smoothie



Serving suggestion

Cheese and tomato pizza



Serving suggestion

Strawberry ice cream



Smoothies

- Blueberry smoothie
- Raspberry smoothie
- Strawberry smoothie
- Chocolate smoothie
- Milkshake



Snacks

- Blueberry muffins
- Cheese and bacon muffins
- Chocolate muffins
- Cinnamon and blueberry toast
- Savoury crackers
- Cheese wrap
- Savoury muffins
- Turkey haslet scotch egg
- Yorkshire pudding with gravy
- Cinnamon and blueberry breakfast cereal



Main Meals

- Cheese and tomato pizza
- Cauliflower cheese
- Mushroom and spinach curry
- Cheese and onion tomato tart
- Cheese and ham tart
- Cod in tomato sauce
- Cheese omelette
- Cheese and mushroom scrambled eggs
- Minced beef in tomato sauce
- Chicken curry
- Lentil curry
- Turkey and sage tart



Soups and Sauces

- Green pepper and tomato soup
- Mushroom soup
- Tomato sauce
- Cheese sauce



Desserts

- Blackberry crumble
- Raspberry crumble
- Pancakes
- Chocolate ice cream
- Strawberry ice cream
- Creamy jelly
- Egg custard tart
- Custard
- Raspberry crème brûlée
- Strawberry panna cotta

Useful Tools

This recipe book has been carefully created with special thanks to ketogenic chef Neil Palliser-Bosomworth, and input from specialist ketogenic dietitians Helen Grossi and Mary-Anne Leung. The recipes are based on everyday meals that we hope you will love.

The tools listed on this page will come in handy when making these delicious meals. Have fun making them!

Chopping board



Knife



Weighing scales



Frying pan



Rolling pin



Whisk

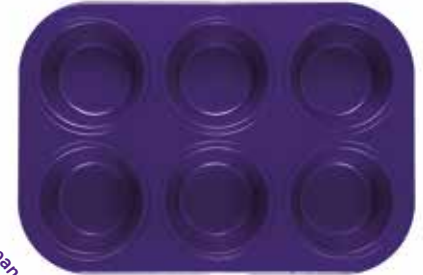


Spatula

Mixing bowl and spoon



Silicone baking tray



Shaker and plastic tubs

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 the higher volume ingredients last



Recipes with KetoCal may cook or bake 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. Just ensure you alter all ingredients in the recipe!



Use a rubber spatula to fully clean each container

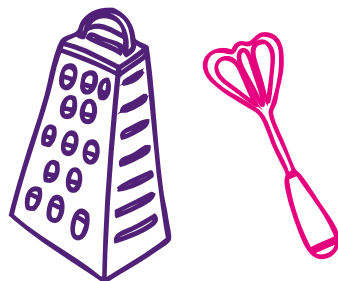


Do not microwave KetoCal as this form of heating can denature some of the vitamins and minerals in the product. Likewise do not boil recipes with KetoCal in them. Always add KetoCal at the end of cooking unless otherwise instructed in the recipe



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

Hints and Tips



East End coconut flour is used in some KetoCal recipes, however, it is possible to use desiccated coconut as a substitute providing the nutritional content is suitable with each recipe.

When using desiccated coconut:

A little preparation is required first. Start by drying the coconut by placing the desired amount of desiccated coconut into the oven at 80°C to warm through. Be careful not to brown the coconut. Once dried, the coconut can then be ground. The most effective way to do this is to put it through a coffee grinder, which should give a fine smooth coconut flour, perfect for using in KetoCal recipes.

Desiccated coconut can be purchased from:

Crazy Jack desiccated coconut from www.organicdelivery.co.uk or www.sainsburys.com. This brand has the same fat, carbohydrate and protein content as the coconut flour used in the recipes.

Please note: Other desiccated coconut brands may have a slightly different nutritional content.



Smoothies



**A delicious collection of smoothie recipes
for you to enjoy.**

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.



Skill Rating

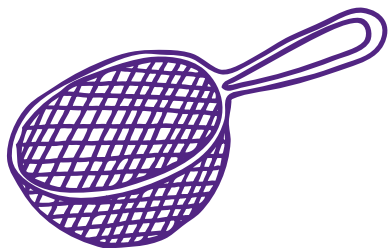


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



Blueberry Smoothie

Serving suggestion

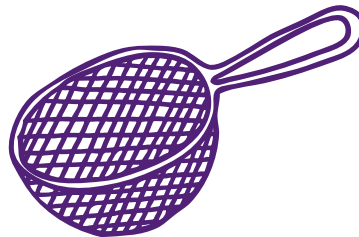
Blueberry Smoothie



	Approx per serving	MKD exchange value
Fat	14.9g	
Protein	3.4g	
Carbohydrate	4.1g	
kcal value	164	
Ketogenic ratio	2:1	

Ingredients:

- 100ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
- 50g blueberries
- Hermesetas liquid sweetener
- 4x ice cubes



Method:

1. Place KetoCal 4:1 LQ, blueberries, a big squirt of sweetener and ice cubes into a blender
2. Blend for approx 1 min (or until mixture is smooth)



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Skill Rating

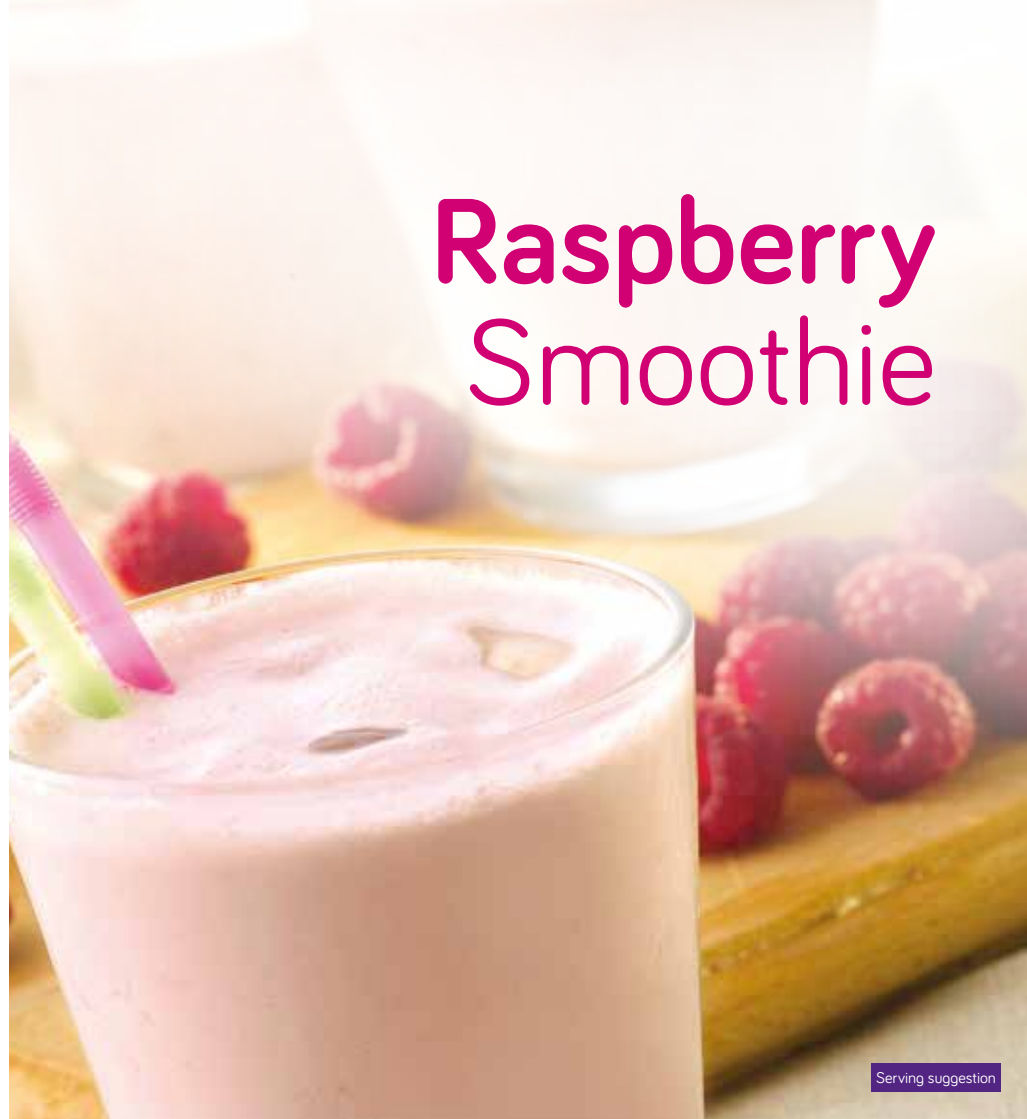
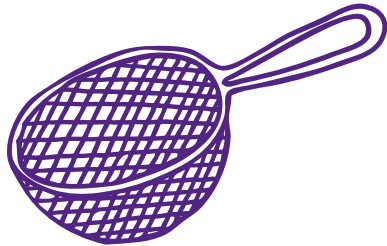


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



Raspberry Smoothie

Serving suggestion

Raspberry Smoothie



	Approx per serving	MKD exchange value
Fat	15g	
Protein	4g	
Carbohydrate	3.5g	
kcal value	165	
Ketogenic ratio	2:1	

Ingredients:

100ml KetoCal LQ (Unflavoured or Vanilla)
62g fresh raspberries
Hermesetas liquid sweetener
4x ice cubes

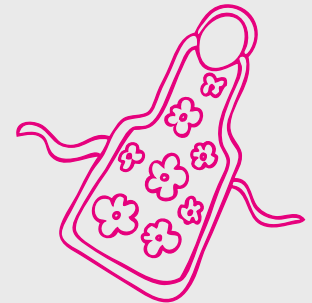
Chef's tip:

Sieve blended smoothie to remove any seeds

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Method:

1. Place KetoCal 4:1 LQ, raspberries, a big squirt of sweetener and ice cubes into a blender
2. Blend for approx 1 min (or until mixture is smooth)





Skill Rating

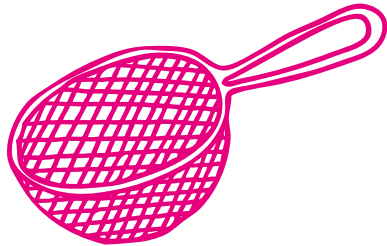


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



Strawberry Smoothie



Serving suggestion

Strawberry Smoothie



	Approx per serving	MKD exchange value
Fat	14.9g	
Protein	3.5g	
Carbohydrate	3.9g	
kcal value	163	
Ketogenic ratio	2:1	

Ingredients:

100ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
54g fresh strawberries
Hermesetas liquid sweetener
4x ice cubes

Chef's tip:

Sieve blended smoothie to remove any seeds

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Method:

1. Place KetoCal 4:1 LQ, strawberries, a big squirt of sweetener and ice cubes into a blender
2. Blend for approx 1 min (or until mixture is smooth)





Skill Rating

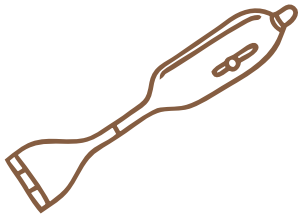


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

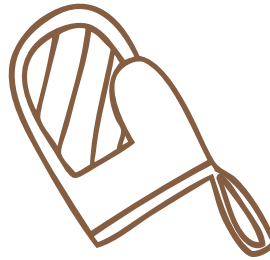


Chocolate Smoothie



Serving suggestion

Chocolate Smoothie



	Approx per serving	MKD exchange value
Fat	16.6g	
Protein	3.7g	
Carbohydrate	4g	
kcal value	181	
Ketogenic ratio	2:1	

Ingredients:

100ml KetoCal 4:1 LQ
(Unflavoured or Vanilla)
5g plain chocolate
2g Bournville cocoa powder
Hermesetas liquid sweetener
4x ice cubes

Chef's tip:

Please take care not to use drinking chocolate

Method:

1. Melt the chocolate in the microwave
2. Place with KetoCal 4:1 LQ, cocoa powder, a big squirt of sweetener and ice cubes into a blender
3. Blend for approx 1 min (or until mixture is smooth)

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Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 2 mins



Milkshake

Serving suggestion

Milkshake



	Approx per serving	MKD exchange value
Fat	30.7g	
Protein	9.5g	
Carbohydrate	5.8g	
kcal value	337	
Ketogenic ratio	2:1	

Ingredients:

200ml KetoCal 4:1 LQ
(Unflavoured or Vanilla)
98g semi-skimmed milk
5g Da Vinci Syrup*

Chef's tip:

Use a KetoCal Shaker
to measure and mix
your milkshake quickly



Method:

Mix a carton of KetoCal 4:1 LQ with semi-skimmed milk and then add Da Vinci flavoured syrup* to taste

*Da Vinci syrups can be ordered online or through Matthew's Friends. They come in a range of flavours including caramel, cookie dough, hazelnut, chocolate, strawberry and many more

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Snacks



A delicious collection of snacks for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietician before commencing a ketogenic diet.



Serving suggestion

Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 35 mins



Blueberry Muffins

Serving suggestion

Blueberry Muffins



	Approx per serving	MKD exchange value
Fat	26g	
Protein	8.2g	
Carbohydrate	4.7g	
kcal value	285	
Ketogenic ratio	2:1	

Ingredients:

10g KetoCal 3:1 Powder
1g carb free Barkat baking powder
9g TRS or East End coconut flour
14g ground almonds
4g butter
20g egg
Hermesetas liquid sweetener
14g semi-skimmed milk
20g blueberries

Chef's tip:

Use silicone muffin tray to make muffins easier to remove

To batch bake, multiply ingredients by how many muffins you wish to make and divide mixture into equal amounts in muffin tray

Muffins can be frozen



Serving suggestion

Method:

1. Preheat oven to 170°C/gas mark 3
2. Mix together KetoCal 3:1, baking powder, coconut flour and ground almonds with the butter
3. Add beaten egg, a squirt of sweetener and the milk. Add blueberries to the mixture once in the mould
4. Cook for 30 mins or until golden
5. Remove from oven and allow to cool on a wire tray

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Serving suggestion

Skill Rating



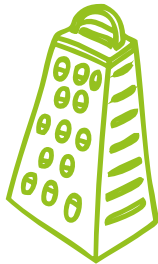
Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 35 mins

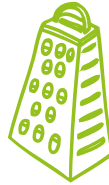


Cheese and Bacon Muffins



Serving suggestion

Cheese and Bacon Muffins



	Approx per serving	MKD exchange value
Fat	26.5g	
Protein	9.6g	
Carbohydrate	3.6g	
kcal value	291	
Ketogenic ratio	2:1	

Ingredients:

10g KetoCal 3:1 Powder
5g butter
9g almond flour
7g grilled crispy bacon rashers
2g carb free Barkat baking powder
5g cheddar cheese
10g TRS or East End coconut flour
10g egg
10g semi-skimmed milk
5g onions

Chef's tip:

Use silicone muffin tray to make muffins easier to remove

To batch bake, multiply ingredients by how many muffins you wish to make and divide mixture in equal amounts into muffin tray

Muffins can be frozen



Method:

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



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Serving suggestion

Skill Rating



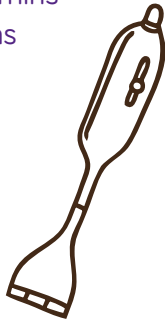
Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 35 mins



Chocolate Muffins



Serving suggestion

Chocolate Muffins



	Approx per serving	MKD exchange value
Fat	26.4g	
Protein	8.5g	
Carbohydrate	4.5g	
kcal value	289	
Ketogenic ratio	2:1	

Ingredients:

10g KetoCal 3:1 Powder
4g butter
14g almond flour
1g carb free Barkat baking powder
9g TRS or East End coconut flour
20g egg
14g semi-skimmed milk
1g custard powder
2g Bournville cocoa powder
Hermesetas liquid sweetener

Chef's tip:

Use silicone muffin tray to make muffins easier to remove
Please take care not to use drinking chocolate
Muffins can be frozen
To batch bake, multiply ingredients by how many muffins you wish to make and divide mixture into equal amounts in muffin tray



Method:

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

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Cinnamon and Blueberry Toast

Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 10 mins



Serving suggestion

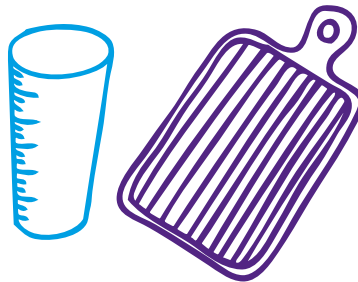
Cinnamon and Blueberry Toast



	Approx per serving	MKD exchange value
Fat	22.6g	
Protein	7.2g	
Carbohydrate	4g	
kcal value	248	
Ketogenic ratio	2:1	

Ingredients:

30g KetoCal 3:1 Powder
9g whole milk
2g carb free Barkat baking powder
17g egg
Hermesetas liquid sweetener
2g water
21g blueberries
Pinch of cinnamon



Method:

1. Preheat oven to 170°C/gas mark 3
2. Mix together KetoCal 3:1 with milk, baking powder, egg, a squirt of liquid sweetener and water in bowl
3. Chop blueberries into small pieces and add to mixture with a pinch of cinnamon
4. Place mixture on a sheet of baking paper
5. Spread out thinly in a 6" square
6. Cook for 10 mins or until golden brown

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Skill Rating



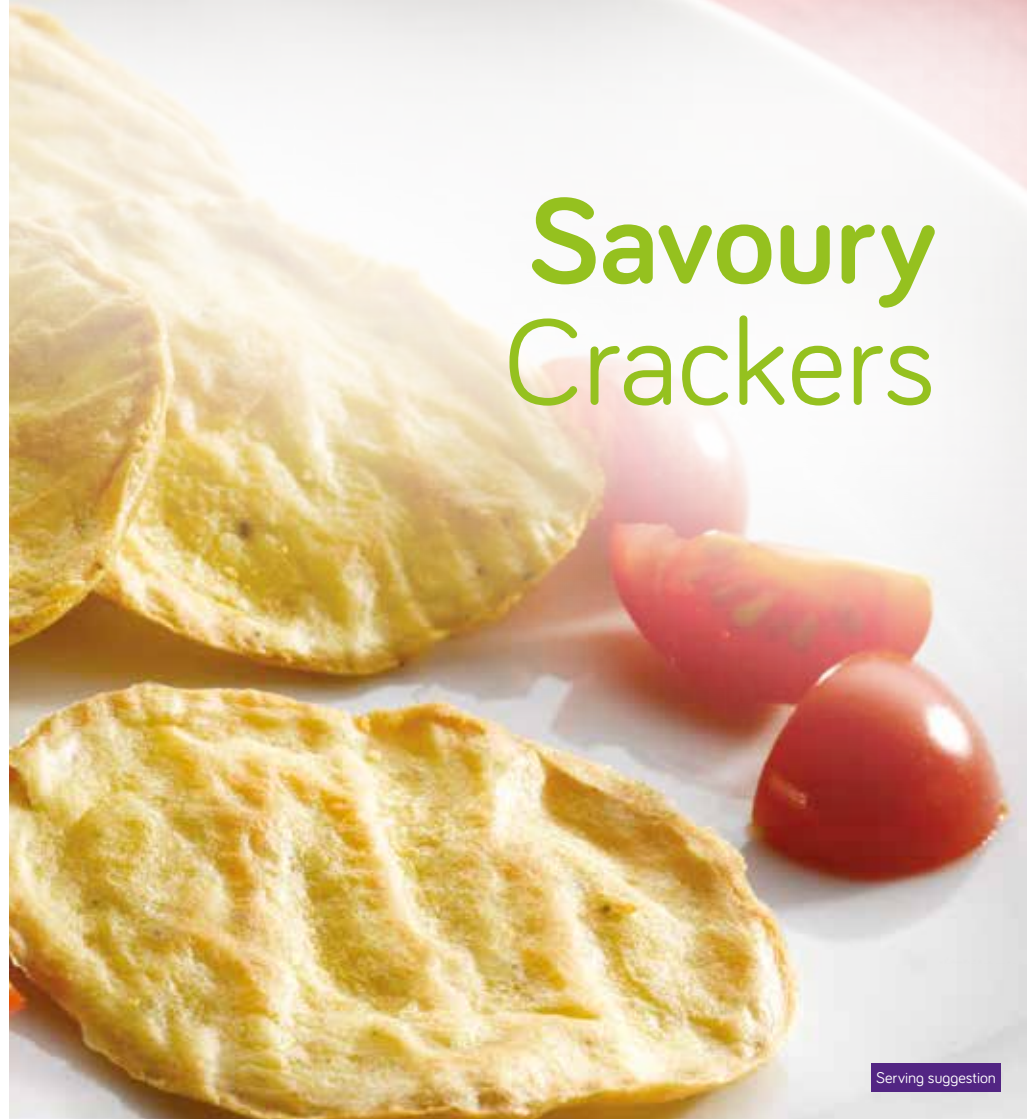
Novice

Expert

Recipe serves: 4

Preparation time: 10 mins

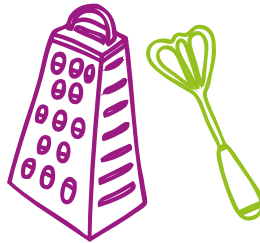
Cooking time: 15 mins



Savoury Crackers

Serving suggestion

Savoury Crackers



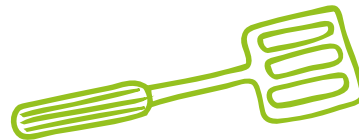
	Approx per serving	MKD exchange value
Fat	2.7g	
Protein	1.1g	
Carbohydrate	0.3g	
kcal value	30	
Ketogenic ratio	2:1	

Ingredients:

14g KetoCal 3:1 Powder
7g water
11g egg white
4g grated cheddar cheese

Chef's tip:

Why not add dried herbs to mixture to change the flavour



Method:

1. Preheat the oven to 190°C/gas mark 5
2. Mix KetoCal 3:1 and water to form a batter
3. Whisk egg white into the mixture
4. Divide into 4 and spoon onto baking parchment
5. Use a spatula to shape each into a 2" circle and sprinkle cheese on top
6. Cook until golden brown, then turn over, cook for a further 5 minutes until crisp
7. Once cooked remove and cool on a wire tray

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Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

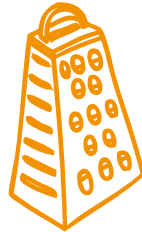
Cooking time: 10 mins



Cheese Wrap

Serving suggestion

Cheese Wrap



	Approx per serving	MKD exchange value
Fat	18.5g	
Protein	7g	
Carbohydrate	2.3g	
kcal value	204	
Ketogenic ratio	2:1	

Ingredients:

20g KetoCal 3:1 Powder
1g Gia tomato puree
1g wholemeal wheat flour
2g Gia garlic puree
15g egg
7g grated cheddar cheese
5g water

Chef's tip:

Alternatively, instead of cooking wraps in the oven why not dry fry in a small frying pan



Method:

1. Preheat oven to 190°C/gas mark 5
2. Mix KetoCal 3:1 with tomato puree, flour, garlic puree, egg and cheese in a bowl
3. Add water and mix to a smooth paste
4. Spread mixture on a baking tray and cook for 10 mins or until golden brown
5. Allow to cool on a wire tray before serving



Serving suggestion

Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

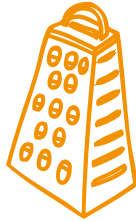
Cooking time: 35 mins



Savoury Muffins

Serving suggestion

Savoury Muffins



	Approx per serving	MKD exchange value
Fat	24.5g	
Protein	8.4g	
Carbohydrate	2.8g	
kcal value	265	
Ketogenic ratio	2:1	

Ingredients:

8g KetoCal 3:1 Powder
10g East End coconut flour
8g ground almonds
2g carb free Barkat baking powder
4g butter
8g beaten egg
6g Original Alpro soya milk
8g grated cheddar cheese
6g finely chopped spring onion
6g back bacon rashers (dry fried)

Chef's tip:

Use silicone muffin tray to make the muffins easier to remove

To bulk bake, multiply ingredients by how many muffins you wish to make and divide mixture in equal amounts into muffin tray

Muffins can be frozen



Method:

1. Preheat oven to 170°C/gas mark 3
2. Place KetoCal 3:1, coconut flour, ground almonds and baking powder in a bowl and mix together
3. Melt butter and add with egg and soya milk to dry ingredients, mix together
4. Combine grated cheese, spring onions and bacon, mix thoroughly
5. Spoon mixture into muffin tray
6. Cook for 30-35 mins
7. Remove from oven and allow to cool

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Skill Rating



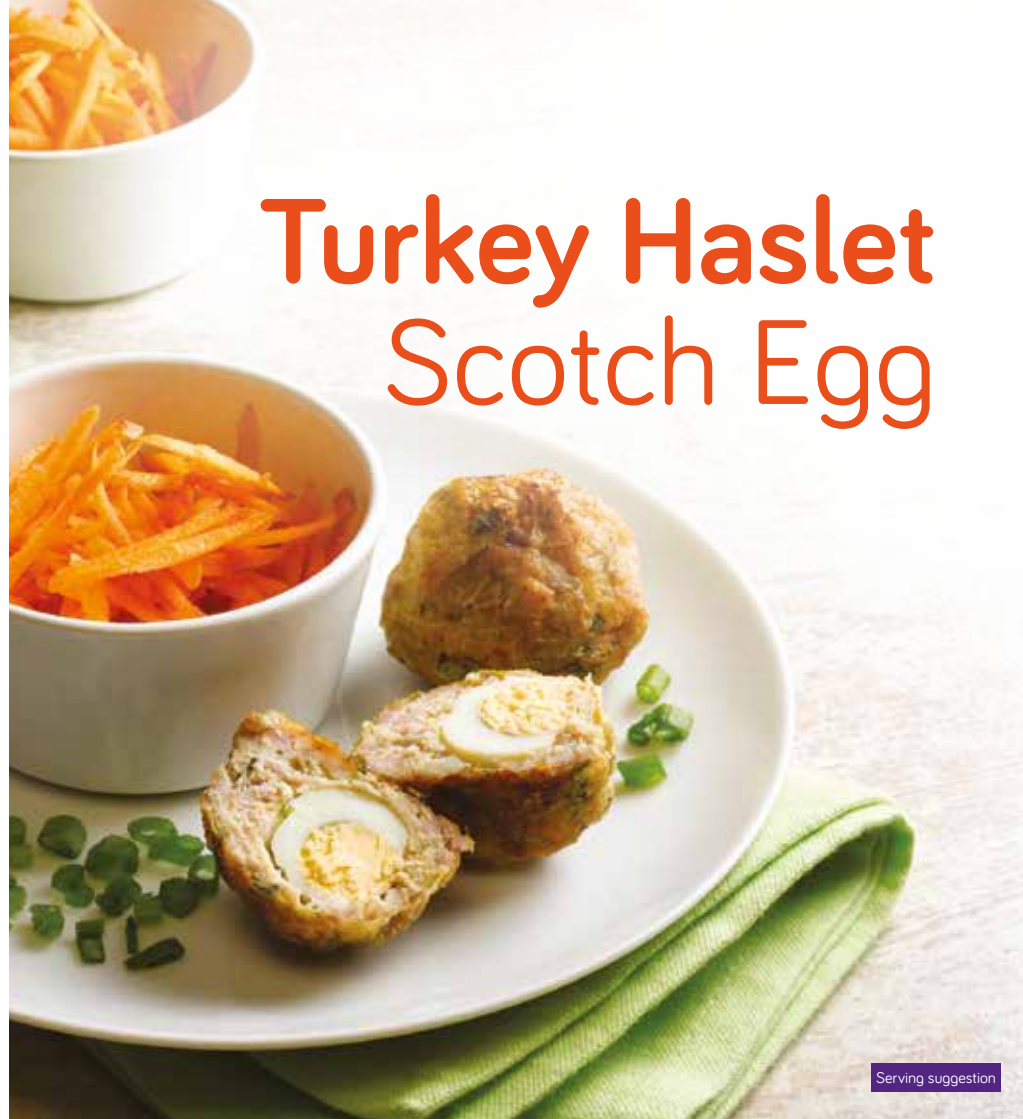
Novice

Expert

Recipe serves: 1

Preparation time: 15 mins

Cooking time: 10 mins



Turkey Haslet Scotch Egg

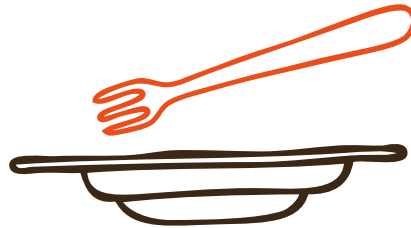
Turkey Haslet Scotch Egg



	Approx per serving	MKD exchange value
Fat	40.6g	
Protein	16.6	
Carbohydrate	3.1g	
kcal value	444	
Ketogenic ratio	2:1	

Ingredients:

30g KetoCal 3:1 Powder
2g spring onion
15g mushrooms
10g back bacon rasher (dry fried)
20g minced turkey
15g olive oil
24g beaten chicken egg white
24g quail eggs (2)
10g carrot



Recipe developed by the Addenbrooke's specialist
Ketogenic team



Method:

1. Finely chop spring onion, mushroom, bacon and turkey, mix with 15g olive oil and beaten egg
2. Mix in KetoCal 3:1
3. Hard boil quail eggs and remove shells
4. Roll turkey mix around eggs, fry in remaining oil
5. Serve with grated carrot

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Skill Rating



Novice

Expert

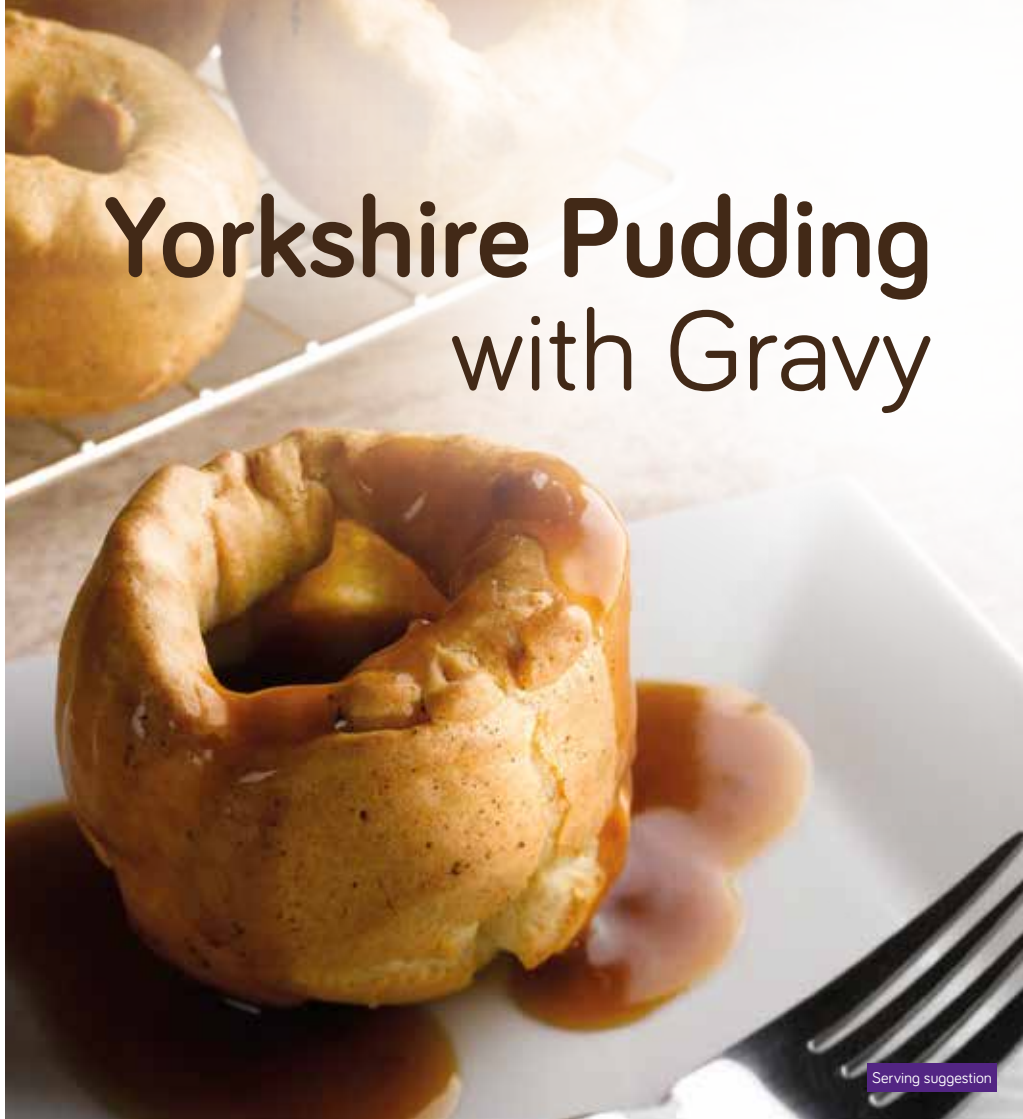
Recipe serves: 4

Preparation time: 15 mins

Cooking time: 15 mins



Yorkshire Pudding with Gravy



Serving suggestion

Yorkshire Pudding with Gravy



	Approx per serving	MKD exchange value
Fat	35.7g	
Protein	5.7g	
Carbohydrate	9.3g	
kcal value	381	
Ketogenic ratio	2:1	

Ingredients:

- 18g KetoCal 3:1 powder
- 16g beaten egg
- 1g plain white wheat flour
- 2g carb free Barkat baking powder
- 13g Calogen
- 10g water
- 10g olive oil
- 16g instant gravy granules



Serves **4**

Recipe developed by the Addenbrooke's specialist
Ketogenic team



Serving suggestion

Method:

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 mins
4. Remove from the oven and pour in batter mix
5. Return to the oven and bake for 10-15 mins
6. Make up gravy and serve with Yorkshire puddings

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Skill Rating

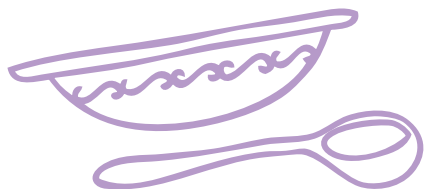


Novice

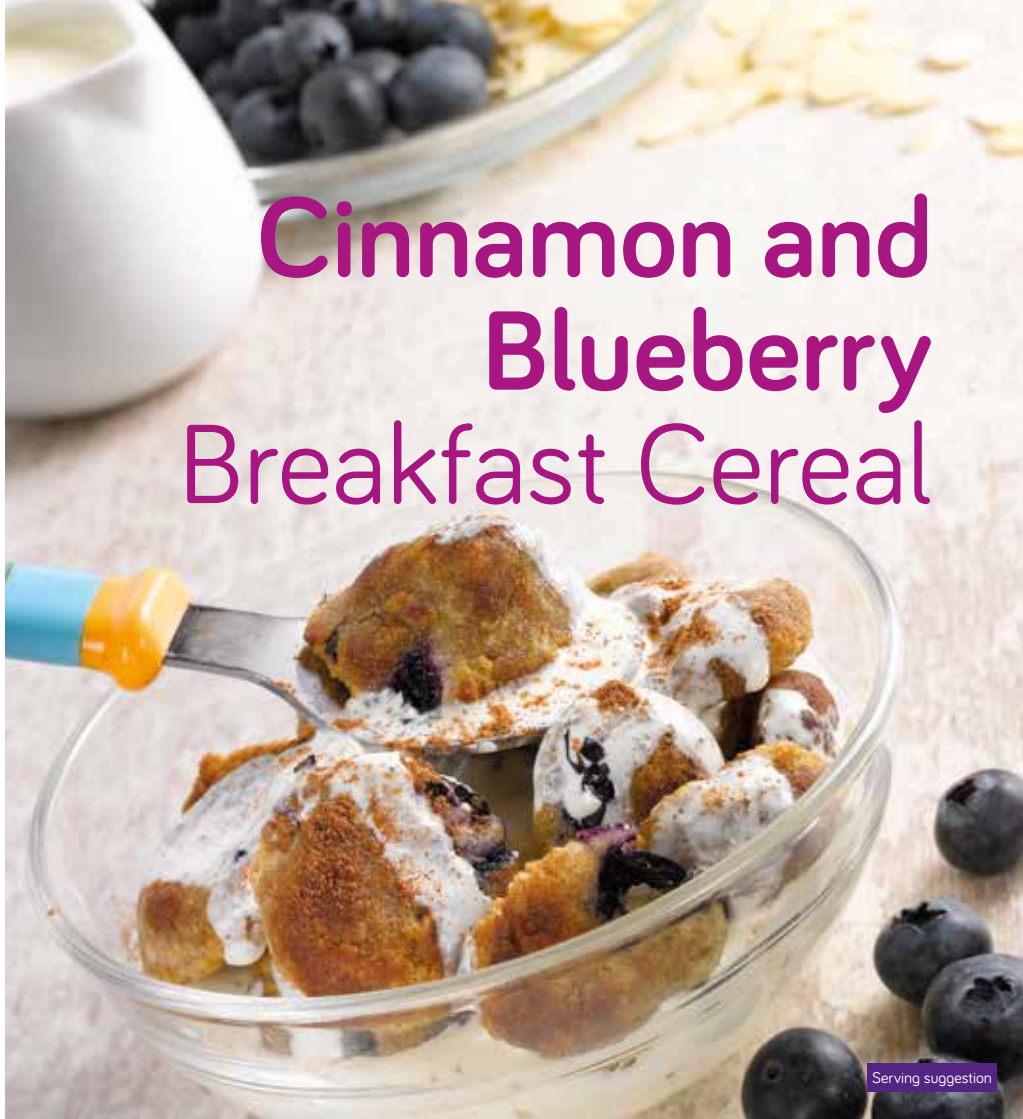
Expert

Recipe serves: 5

Preparation time: 25 mins



Cinnamon and Blueberry Breakfast Cereal



Serving suggestion

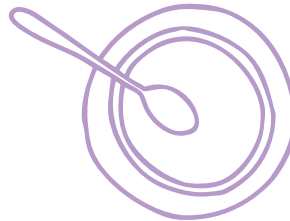
Cinnamon and Blueberry Breakfast Cereal



	Approx per serving (1 serving = 1 ball)	MKD exchange value
Fat	7.2g	
Protein	2g	
Carbohydrate	1.2g	
kcal value	78	
Ketogenic ratio	2:1	

Ingredients:

30g KetoCal 3:1 powder
2g butter
25g ground almonds
30g blueberries
2g ground cinnamon
10g water



Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

Method:

1. Preheat oven to 160°C/gas mark 3
2. In a bowl, mix all ingredients (except water) together until a crumbly texture
3. Add water and mix into a ball
4. Gently roll small amounts of mixture with fingers into balls
5. Place on oven tray and bake for 8-10 mins
6. Divide baked balls into 5 separate portions

Main Meals



A delicious collection of main meals
for you to enjoy.

Please note that all the recipes are examples and intake is
dependent on age, body weight and medical condition.
Always consult with a specialist dietitian before
commencing a ketogenic diet.



Skill Rating



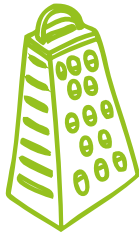
Novice

Expert

Recipe serves: 1

Preparation time: 15 mins

Cooking time: 15 mins



Cheese and Tomato Pizza

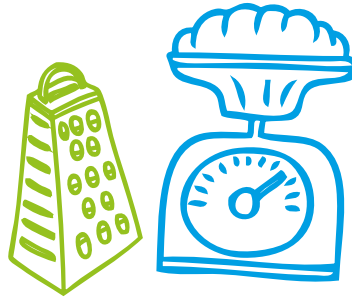
Cheese and Tomato Pizza



	Approx per serving	MKD exchange value
Fat	20.9g	
Protein	8.2g	
Carbohydrate	2.4g	
kcal value	231	
Ketogenic ratio	2:1	

Ingredients:

20g KetoCal 3:1 Powder
1g olive oil
18g beaten egg
5g water
29g canned chopped tomatoes
2g Gia sundried tomato puree
1g Gia garlic puree
10g grated cheddar cheese
Dried herbs



Method:

1. Preheat oven to 165°C/gas mark 3
2. Mix KetoCal 3:1 with olive oil, egg and water in a bowl
3. Spread mixture onto a lightly greased baking sheet in a 6" circle
4. Mash tomato with sundried tomato puree and garlic puree
5. Spread mixture on top of pizza base
6. Sprinkle on the cheese and add a pinch of herbs
7. Cook for 15 minutes or until golden

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Skill Rating



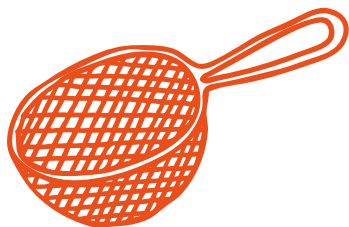
Novice

Expert

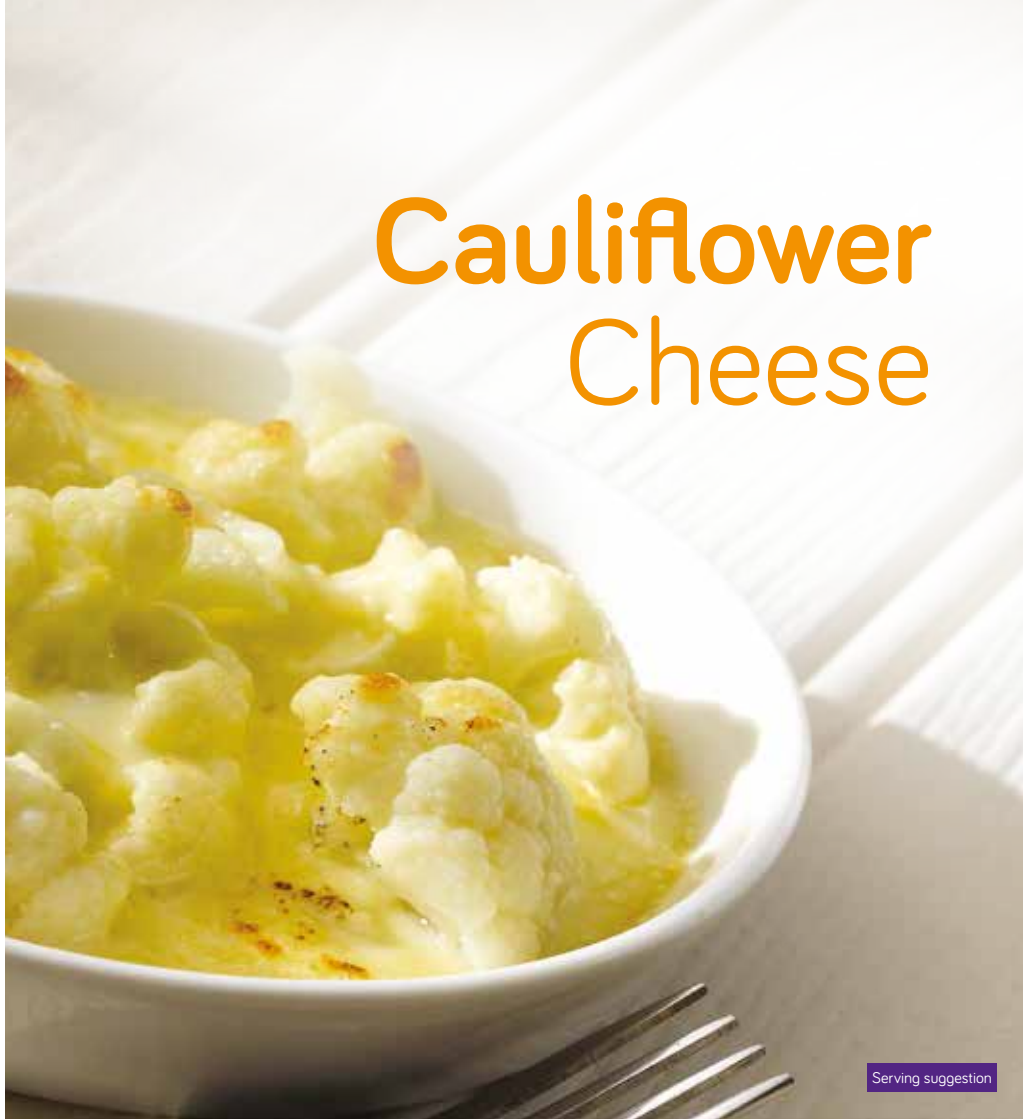
Recipe serves: 1

Preparation time: 10 mins

Cooking time: 10 mins

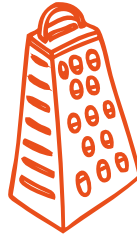


Cauliflower Cheese



Serving suggestion

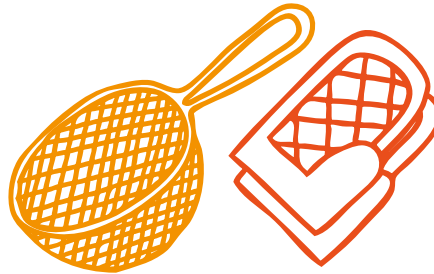
Cauliflower Cheese



	Approx per serving	MKD exchange value
Fat	16g	
Protein	5.9g	
Carbohydrate	2g	
kcal value	176	
Ketogenic ratio	2:1	

Ingredients:

10g KetoCal 3:1 Powder
3g olive oil
10g grated cheddar cheese
15g water
12g fresh single cream
50g boiled cauliflower



Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Mix KetoCal 3:1, oil, 5g cheese, water and cream in a small pan
3. Stir on the heat until the cheese has melted (do not boil)
4. Place cauliflower into a dish, cover with cheese sauce and sprinkle the remaining cheese on top
5. Cook in oven for 6 mins

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Skill Rating



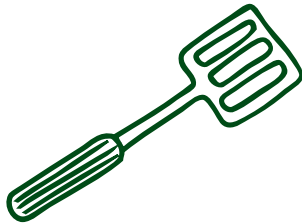
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 5 mins



Mushroom and Spinach Curry



Serving suggestion

Mushroom and Spinach Curry



	Approx per serving	MKD exchange value
Fat	15.1g	
Protein	4.1g	
Carbohydrate	3.4g	
kcal value	166	
Ketogenic ratio	2:1	

Ingredients:

15g KetoCal 3:1 Powder	1g Gia garlic puree
4g olive oil	33g canned chopped tomatoes
28g chopped mushroom	1g curry powder
12g chopped green pepper	20g spinach leaves
5g spring onion	5g water
1g Gia tomato puree	

Method:

1. Heat oil in a pan
2. Add mushrooms, pepper, spring onion, tomato puree, garlic puree and cook on a medium heat for 5 mins
3. Add chopped tomatoes, curry powder and spinach, cook a further 5 mins on low heat
4. Mix the KetoCal 3:1 with water to form a paste, then add to the curry sauce and serve

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Skill Rating



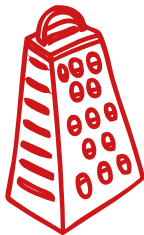
Novice

Expert

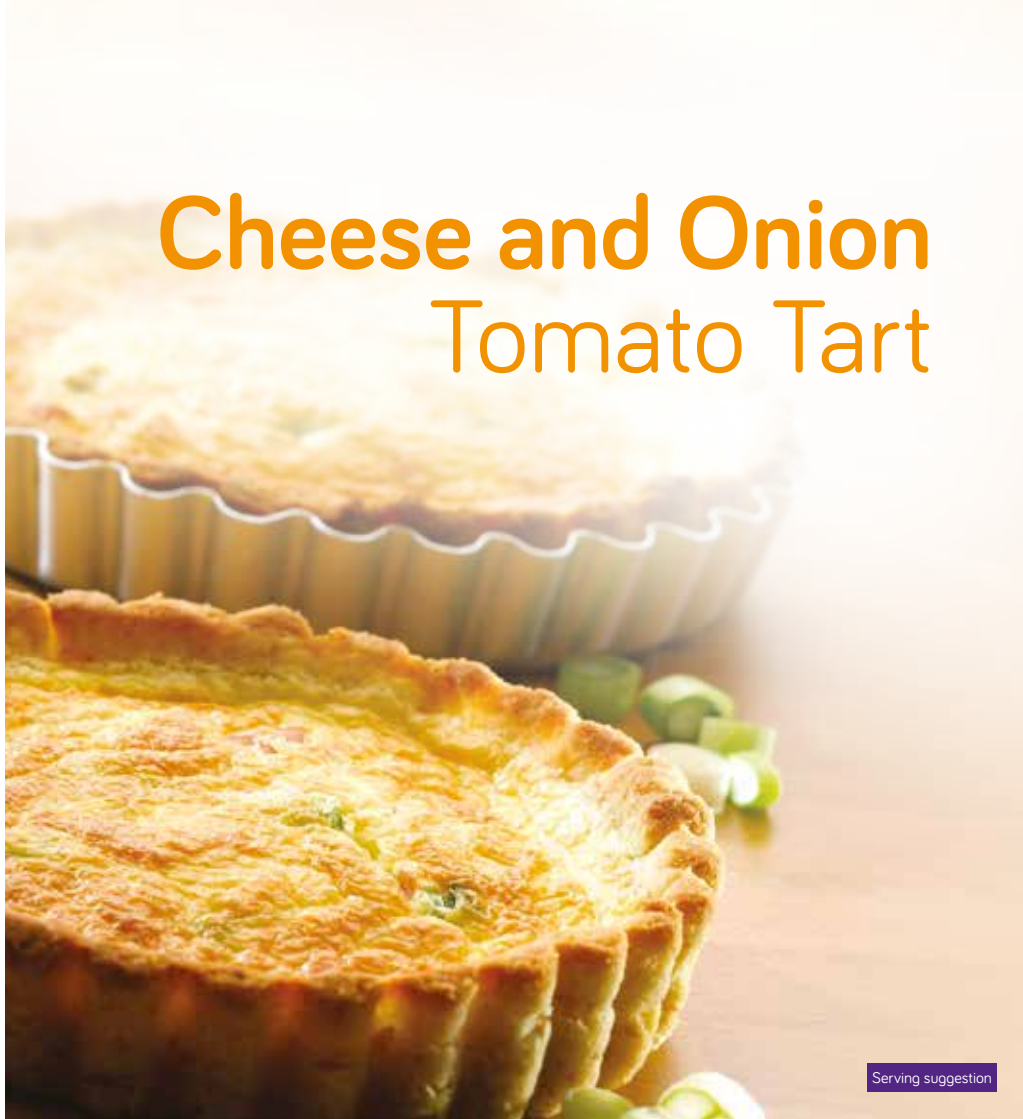
Recipe serves: 1

Preparation time: 10 mins

Cooking time: 12 mins



Cheese and Onion Tomato Tart



Serving suggestion

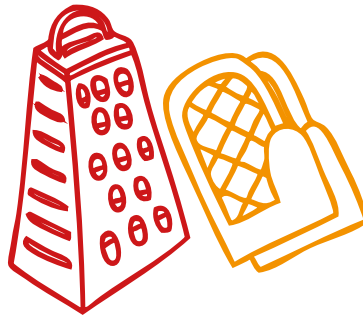
Cheese and Onion Tomato Tart



	Approx per serving	MKD exchange value
Fat	24.1g	
Protein	8.5g	
Carbohydrate	3.5g	
kcal value	264	
Ketogenic ratio	2:1	

Ingredients:

15g KetoCal 3:1 Powder
10g TRS or East End coconut flour
2g wholemeal wheat flour
3g butter
5g water
7g chopped raw tomato
8g chopped spring onion
30g egg
5g grated cheddar cheese



Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place coconut flour, wholemeal flour, KetoCal 3:1 into a bowl, rub in butter with fingertips
3. Sprinkle water over the top and mix until it becomes a stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing pastry into edges
5. Mix tomato, spring onion, egg and 2.5g cheese together and fill tartlet tin
6. Sprinkle remaining cheese on top
7. Cook for 10-12 minutes or until golden brown

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Skill Rating



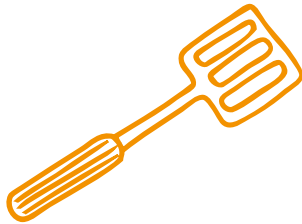
Novice

Expert

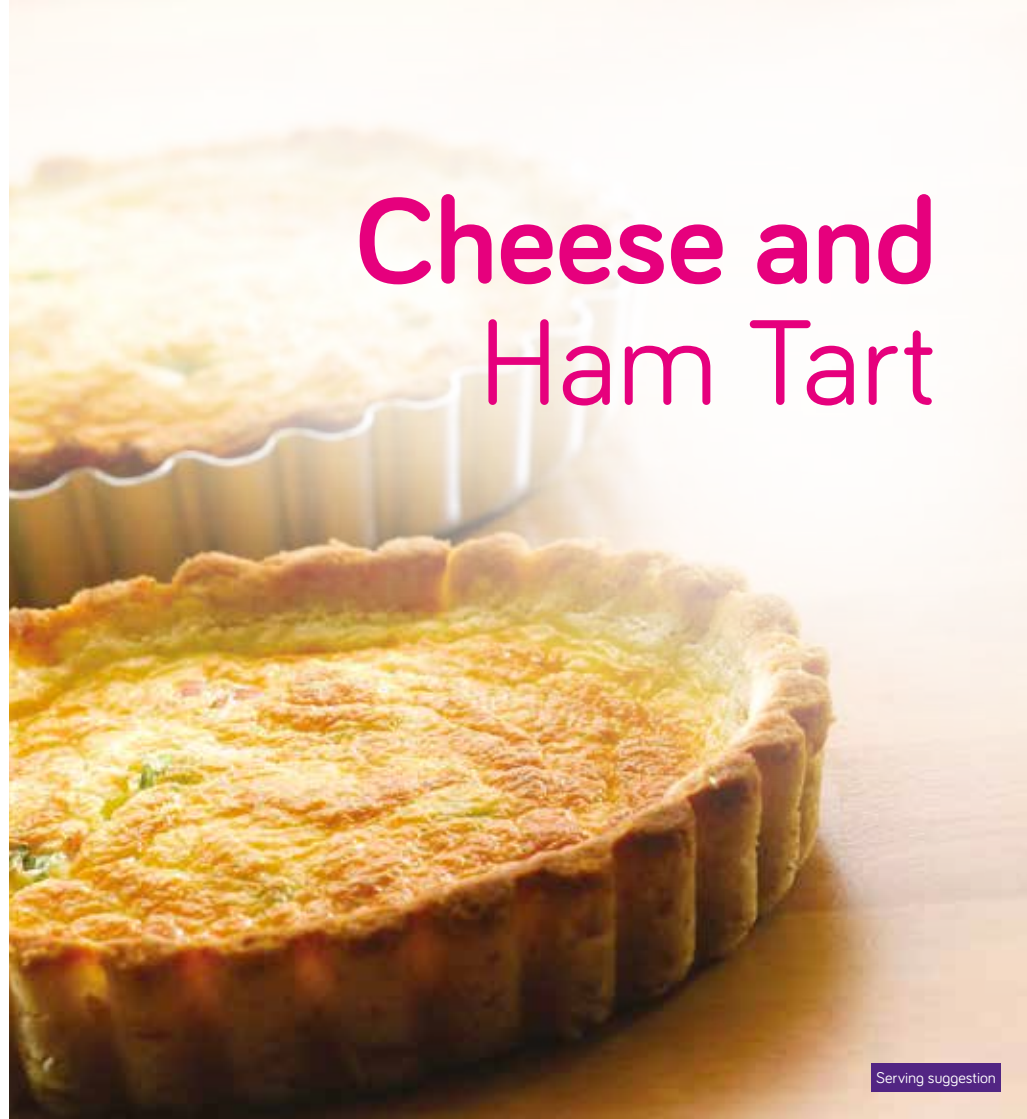
Recipe serves: 1

Preparation time: 20 mins

Cooking time: 12 mins



Cheese and Ham Tart



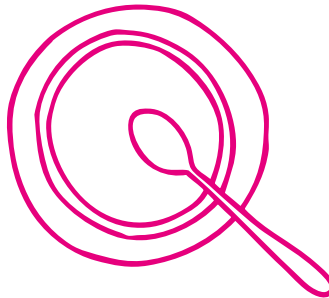
Cheese and Ham Tart



	Approx per serving	MKD exchange value
Fat	24.1g	
Protein	8.5g	
Carbohydrate	3.5g	
kcal value	264	
Ketogenic ratio	2:1	

Ingredients:

15g KetoCal 3:1 Powder
2g wholemeal wheat flour
10g TRS or East End coconut flour
3g butter
5g water
6g chopped ham
5g mushroom
24g beaten egg
5g grated cheddar cheese



Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place wholemeal flour, coconut flour and KetoCal 3:1 in a bowl, rub in butter with fingertips
3. Sprinkle water over the top and mix until it becomes a stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing pastry into edges
5. Mix ham, mushroom, egg and 2.5g cheese together and fill tartlet tin
6. Sprinkle remaining cheese on top
7. Cook for 10-12 minutes or until golden brown

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Skill Rating

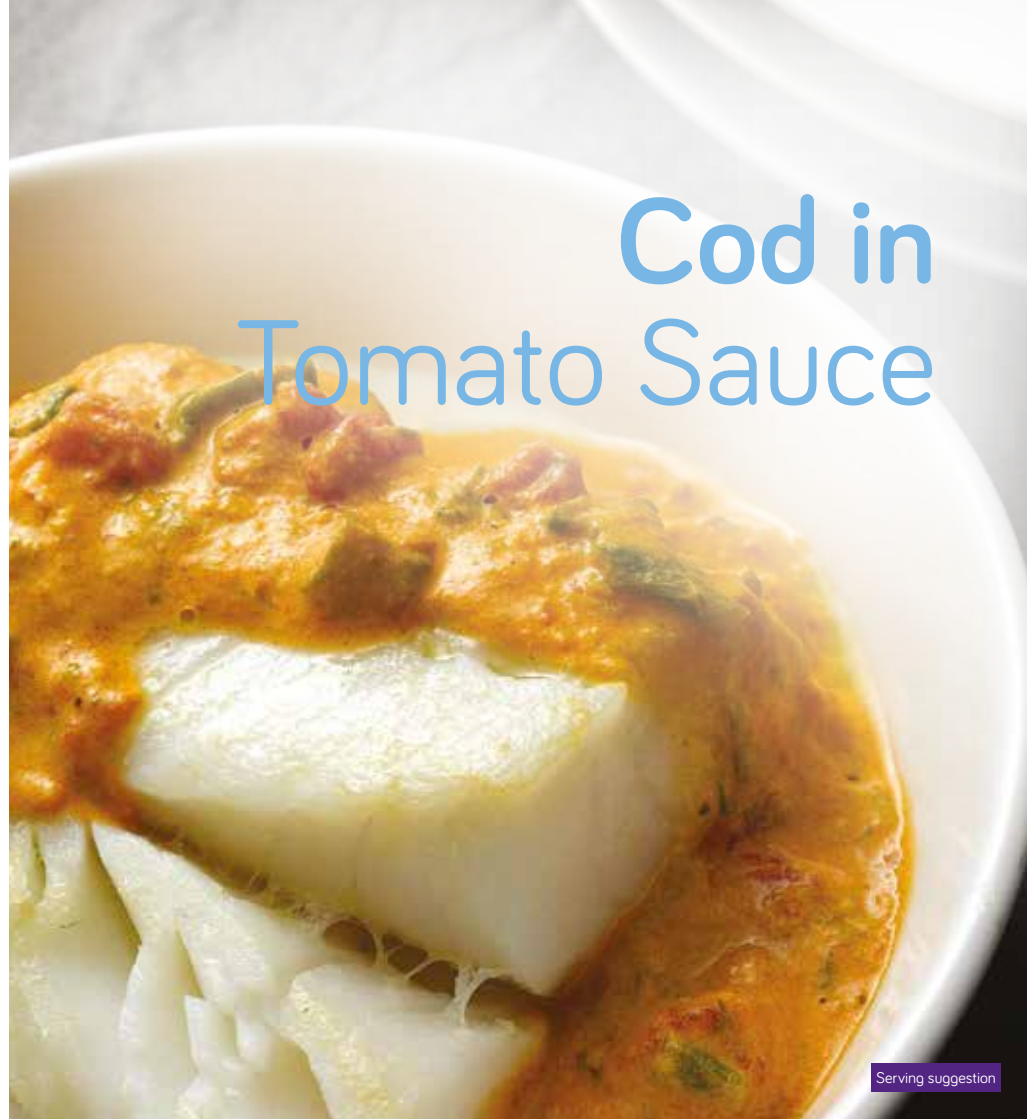
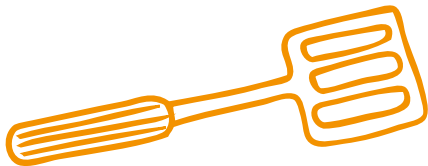


Novice

Expert

Recipe serves: 1

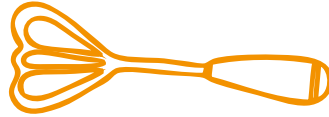
Preparation time: 20 mins



Cod in Tomato Sauce

Serving suggestion

Cod in Tomato Sauce



	Approx per serving	MKD exchange value
Fat	15.7g	
Protein	6.5g	
Carbohydrate	1.3g	
kcal value	172	
Ketogenic ratio	2:1	

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)
6g olive oil
4g Gia garlic puree
8g chopped spring onion
3g Gia tomato puree
23g tinned chopped tomatoes
21g cod
Pinch of oregano

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Method:

1. Place 2g olive oil, garlic puree, spring onion and tomato puree in a pan and cook for 5 mins
2. Add chopped tomatoes and cook for further 3 mins, add a pinch of oregano
3. Cover cod with remaining 2g olive oil and grill for 10-15 mins until cooked
4. Stir KetoCal 4:1 into tomato sauce until dissolved (do not boil) and pour over cooked cod, serve immediately



Skill Rating

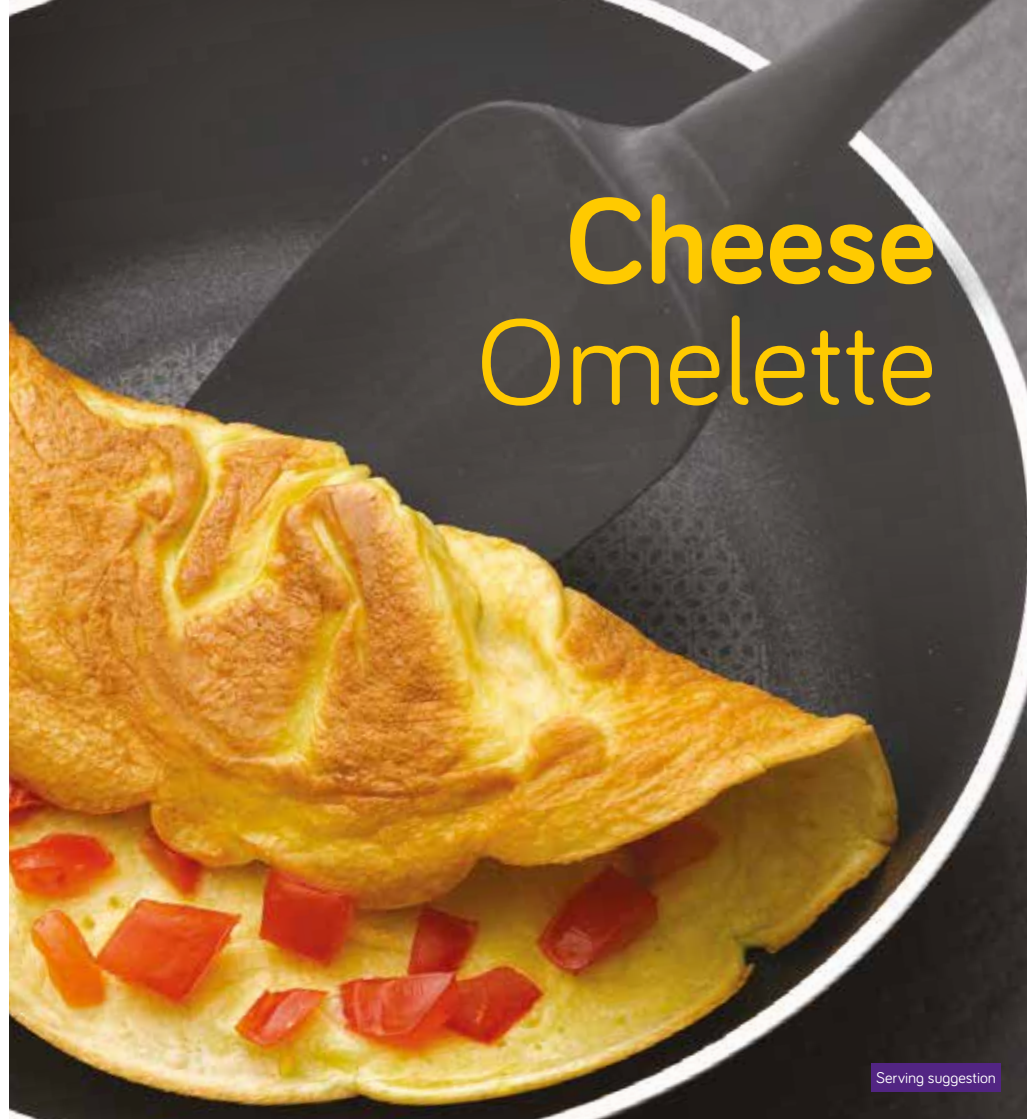


Novice

Expert

Recipe serves: 1

Preparation time: 15 mins



Cheese Omelette

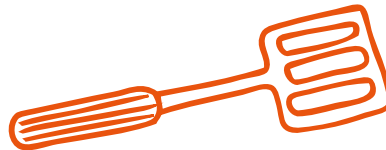
Cheese Omelette



	Approx per serving	MKD exchange value
Fat	12.2g	
Protein	5.4g	
Carbohydrate	0.7g	
kcal value	134	
Ketogenic ratio	2:1	

Ingredients:

- 7g KetoCal 4:1 powder (Unflavoured)
- 23g egg white
- 9g egg yolk
- 4g olive oil
- 2g grated Parmesan cheese
- 16g finely chopped tomato



Method:

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

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.



Cheese and Mushroom Scrambled Eggs

Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



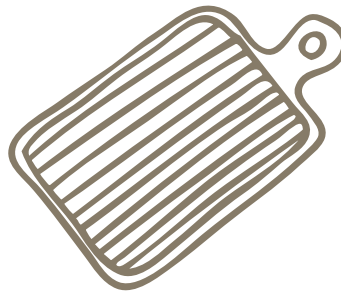
Cheese and Mushroom Scrambled Eggs



	Approx per serving	MKD exchange value
Fat	15.1g	
Protein	7.2g	
Carbohydrate	0.3g	
kcal value	166	
Ketogenic ratio	2:1	

Ingredients:

- 10g KetoCal 4:1 powder (Unflavoured)
- 28g egg white
- 15g egg yolk
- 3g olive oil
- 10g water
- 2g grated Parmesan cheese
- 4g finely chopped mushroom



Method:

1. Add olive oil to a frying pan and heat gently
2. Beat the remaining ingredients together
3. Add the mixture to the pan and whisk gently until the mixture is cooked through and a scrambled consistency is achieved

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Skill Rating

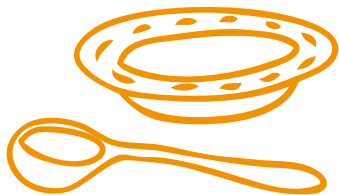


Novice

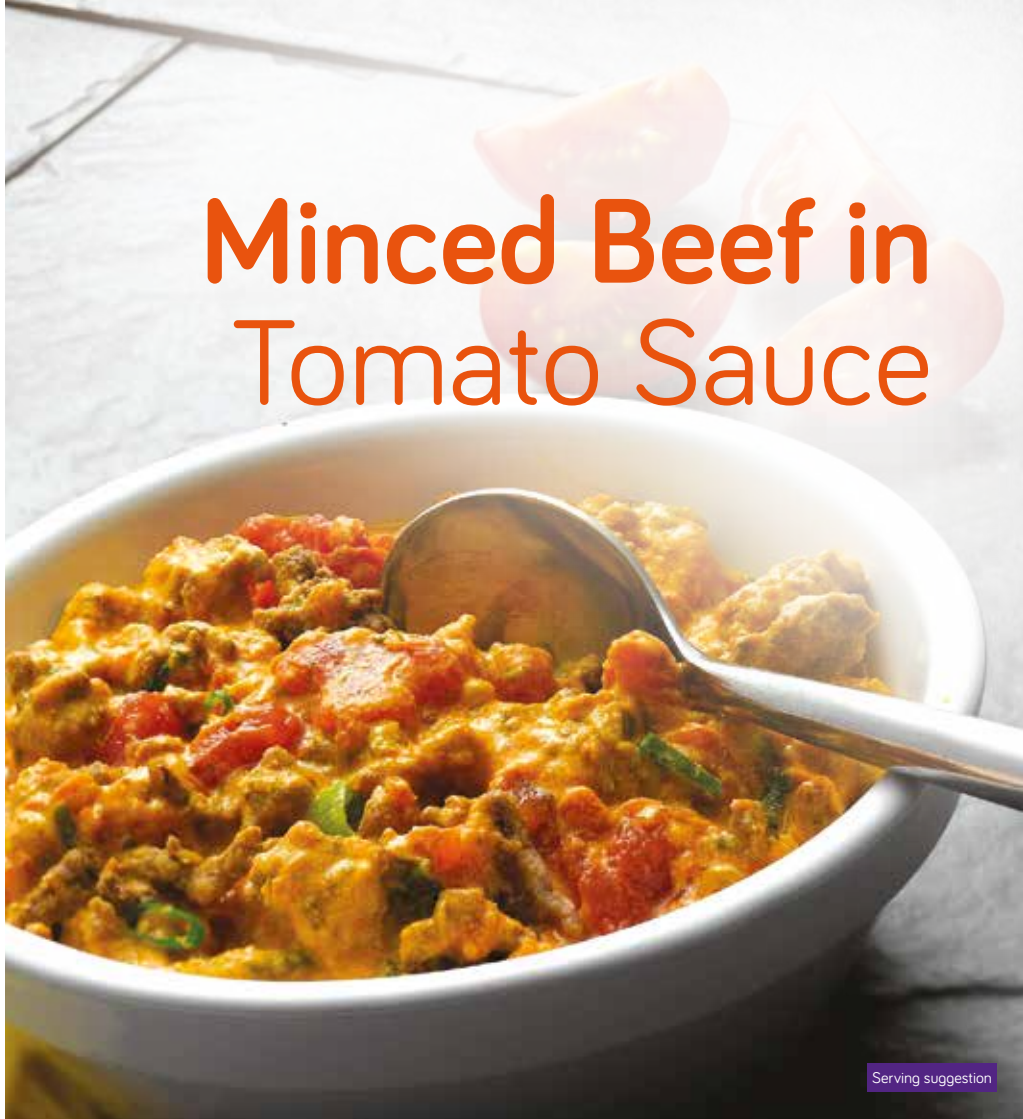
Expert

Recipe serves: 1

Preparation time: 20 mins



Minced Beef in Tomato Sauce



Serving suggestion

Minced Beef in Tomato Sauce



	Approx per serving	MKD exchange value
Fat	17.1g	
Protein	7g	
Carbohydrate	1.5g	
kcal value	187	
Ketogenic ratio	2:1	

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)
4g olive oil
25g minced beef
3g Gia garlic puree
7g chopped spring onion
3g Gia tomato puree
30g tinned chopped tomatoes
Pinch of oregano



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Method:

1. Place olive oil, minced beef, garlic puree, spring onion and tomato puree in a pan and cook for 10 mins
2. Add chopped tomatoes and cook for further 5 mins, add pinch of oregano
3. Stir KetoCal 4:1 into sauce until dissolved (do not boil) and serve immediately



Serving suggestion

Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 35 mins



Chicken Curry

Serving suggestion

Chicken Curry



	Approx per serving	MKD exchange value
Fat	19.6g	
Protein	7.4g	
Carbohydrate	2.2g	
kcal value	215	
Ketogenic ratio	2:1	

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)	3g Gia garlic puree
10g olive oil	22g tinned chopped tomatoes
20g diced raw chicken	2g curry powder
20g chopped mushroom	10g water
10g chopped green pepper	
10g chopped spring onion	
3g Gia tomato puree	



Method:

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

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Skill Rating

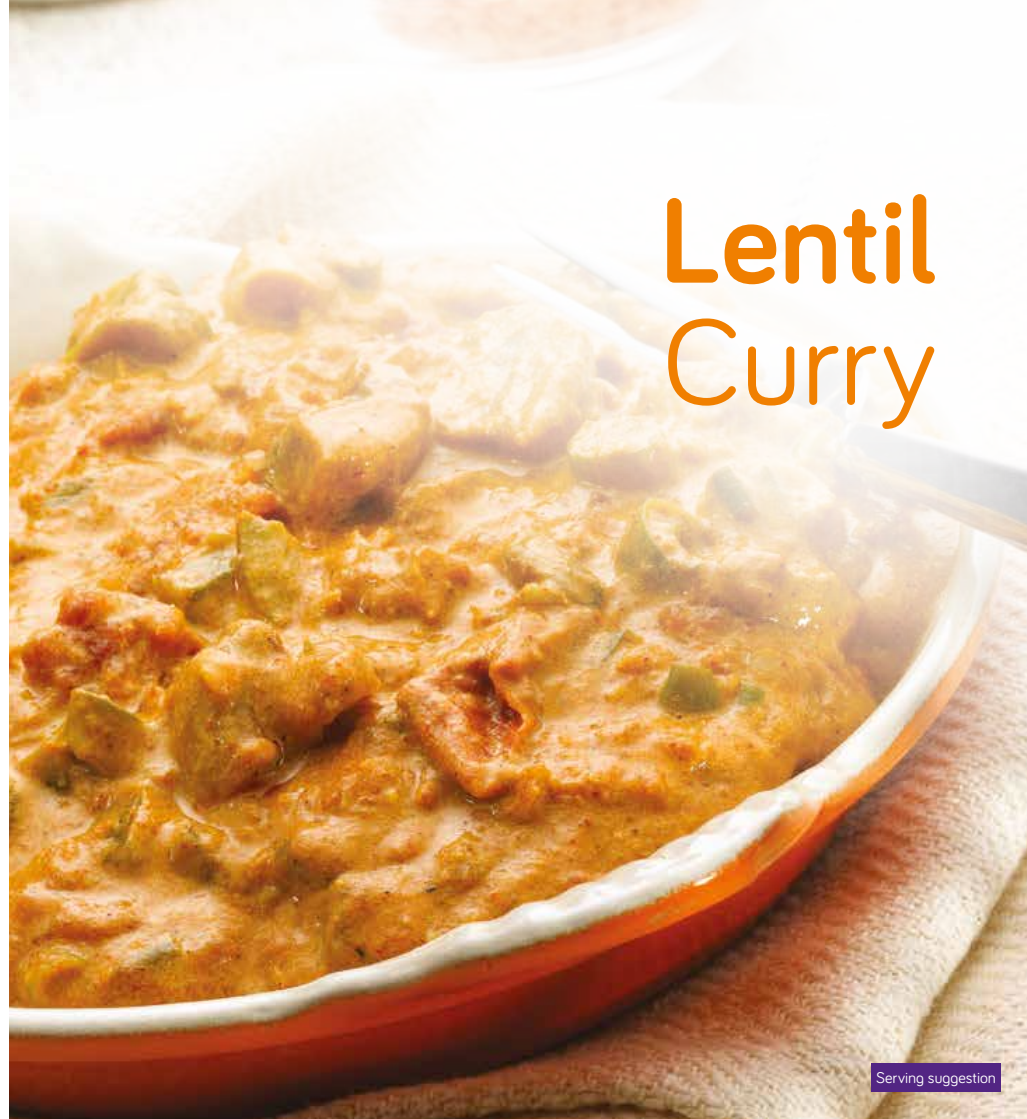
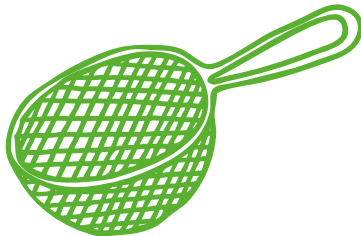


Novice

Expert

Recipe serves: 1

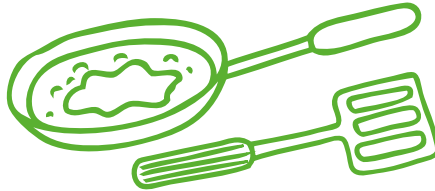
Preparation time: 35 mins



Lentil Curry

Serving suggestion

Lentil Curry



Serving suggestion

	Approx per serving	MKD exchange value
Fat	17.4g	
Protein	3.7g	
Carbohydrate	4.9g	
kcal value	191	
Ketogenic ratio	2:1	

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)
8g olive oil
14g chopped mushroom
10g chopped green pepper
10g chopped spring onion
3g Gia tomato puree
2g curry powder

3g Gia garlic puree
20g canned chopped tomatoes
16g boiled red lentils
10g water

Method:

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

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Skill Rating

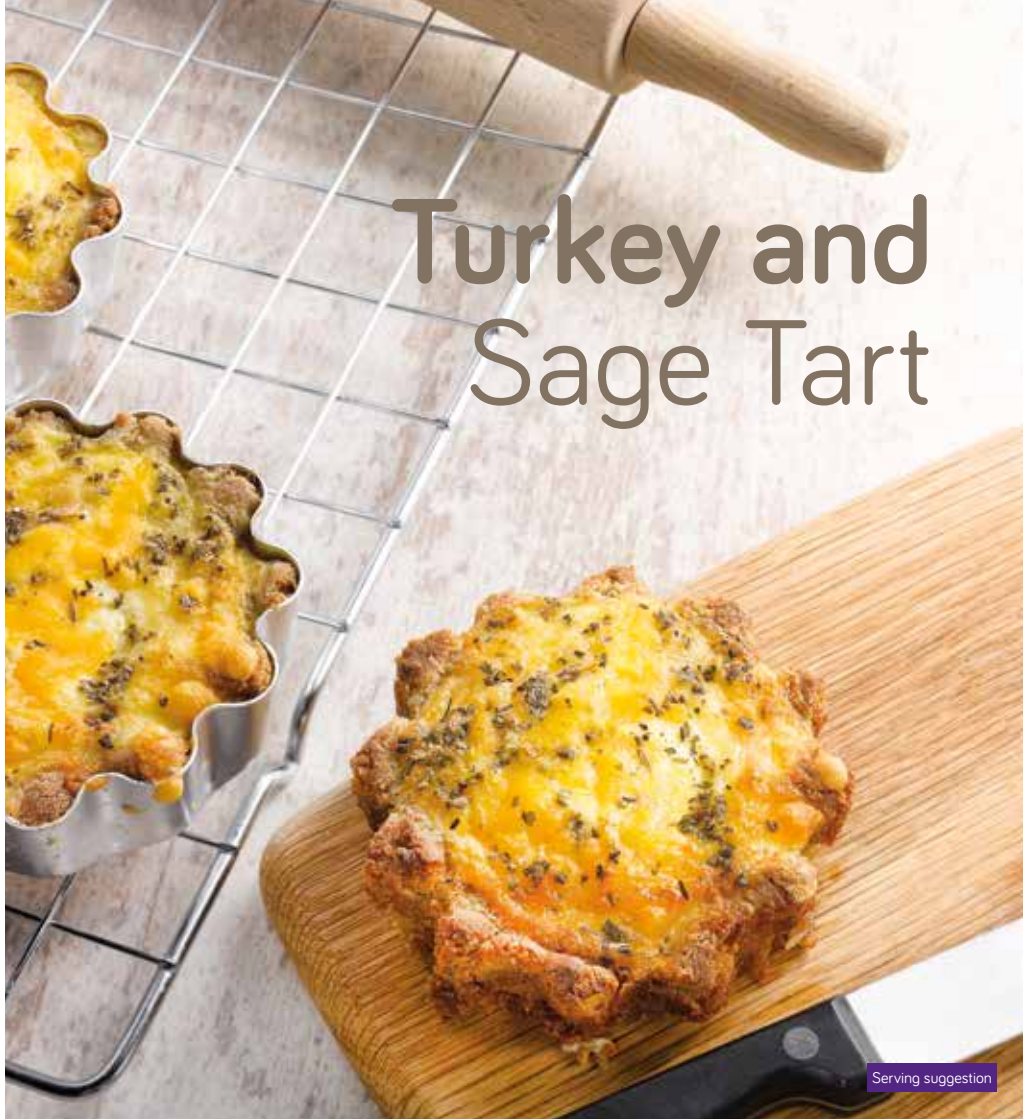


Novice

Expert

Recipe serves: 1

Preparation time: 30 mins



Turkey and Sage Tart

Serving suggestion

Turkey and Sage Tart



	Approx per serving	MKD exchange value
Fat	30.9g	
Protein	11.4g	
Carbohydrate	3.8g	
kcal value	339	
Ketogenic ratio	2:1	

Ingredients:

12g KetoCal 3:1 Powder	15g beaten egg
3g butter	2g olive oil
4g grated cheddar cheese	7g sage and onion stuffing
14g East End coconut flour	15g roasted turkey
11g cream cheese	5g water

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Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place coconut flour and KetoCal 3:1 into bowl and rub in butter with fingertips
3. Sprinkle water over top and mix until becomes stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing pastry into edges
5. In a bowl, mix together cream cheese, egg, olive oil, turkey, cheese and stuffing, spoon into pastry case
6. Place on oven tray and cook for 10-15 mins

Soups and Sauces



A delicious collection of sauce and soup recipes for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.



Green Pepper and Tomato Soup

Skill Rating



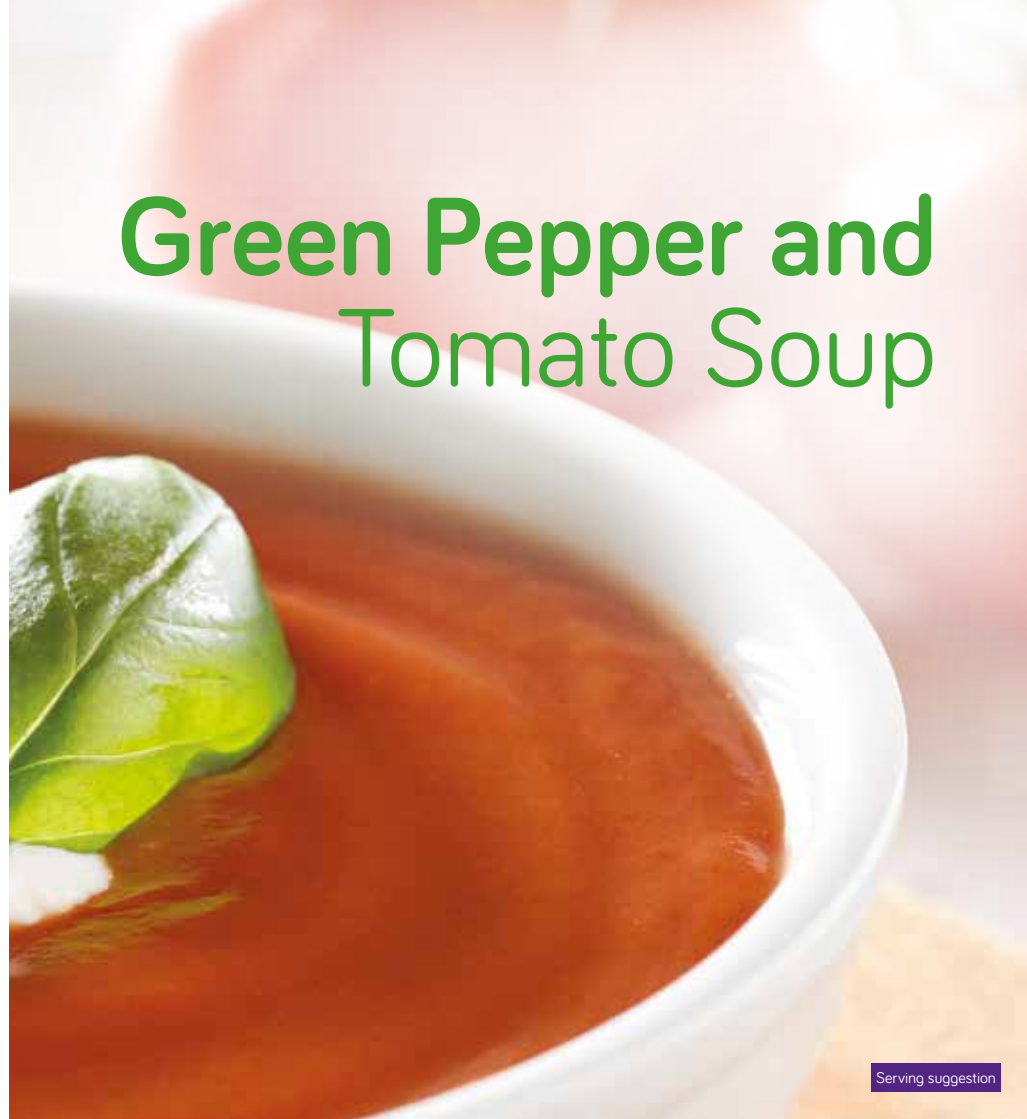
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 15 mins



Serving suggestion

Green Pepper and Tomato Soup



	Approx per serving	MKD exchange value
Fat	12.2g	
Protein	3g	
Carbohydrate	3g	
kcal value	134	
Ketogenic ratio	2:1	

Ingredients:

60ml KetoCal 4:1 LQ (Unflavoured)
29g chopped green pepper
2g Gia garlic puree
2g Gia tomato puree
2g olive oil
2g chicken stock cube
100g water
46g canned tomatoes

Chef's tip:

To make multiple servings, multiply ingredients by how many servings you wish to make and divide mixture evenly once prepared.



Method:

1. Place pepper, garlic puree, tomato puree and oil into a pan and sweat for 4 mins
2. Dissolve stock cube in hot water
3. Add stock and tomatoes to vegetables and simmer for 10 mins
4. Add KetoCal 4:1 LQ to soup and heat for a further min
5. Blend until smooth

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.



Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 15 mins



Mushroom Soup



Serving suggestion

Mushroom Soup



	Approx per serving	MKD exchange value
Fat	11.9g	
Protein	4.3g	
Carbohydrate	1.7g	
kcal value	131	
Ketogenic ratio	2:1	

Ingredients:

54ml KetoCal 4:1 LQ (Unflavoured)
22g chopped spring onion
79g chopped mushrooms
2g olive oil
2g Gia garlic puree
3g chicken stock cube
70g water

Chef's tip:

To make multiple servings, multiply ingredients by how many servings you wish to make and divide mixture evenly once prepared

Method:

1. Place spring onion, mushroom, oil and garlic puree into a pan and sweat for 4 mins
2. Dissolve stock cube in hot water
3. Add stock to vegetables, simmer for 10 mins
4. Add KetoCal 4:1 LQ to soup and heat for a further min
5. Blend until smooth

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.



Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 5 mins

Cooking time: 5 mins

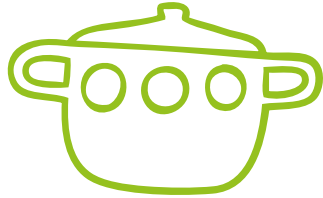


Tomato Sauce



Serving suggestion

Tomato Sauce



	Approx per serving	MKD exchange value
Fat	10.4g	
Protein	2.7g	
Carbohydrate	2.5g	
kcal value	114	
Ketogenic ratio	2:1	

Ingredients:

10g KetoCal 3:1 Powder
3g olive oil
1g Gia garlic puree
10g chopped spring onion
16g chopped mushroom
2g Gia tomato puree
38g canned chopped tomatoes

Chef's tip:

To batch make sauce multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

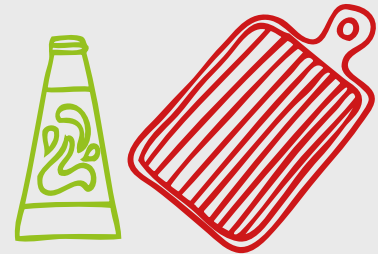
Try adding mixed herbs or oregano to further flavour the sauce



Serving suggestion

Method:

1. Place olive oil, garlic puree, spring onion, mushroom and tomato puree in a pan and cook for 5 mins
2. Add tomatoes and cook for a further 2-3 minutes
3. Stir in KetoCal 3:1 until dissolved



Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.



Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 5 mins

Cooking time: 5 mins



Cheese Sauce

Serving suggestion

Cheese Sauce



	Approx per serving	MKD exchange value
Fat	10.2g	
Protein	4.3g	
Carbohydrate	0.7g	
kcal value	112	
Ketogenic ratio	2:1	

Ingredients:

40ml KetoCal 4:1 LQ (Unflavoured)
10g whole milk
11g grated cheddar cheese

Chef's tip:

To batch make sauce multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

Method:

1. Place KetoCal 4:1 LQ, milk and cheese in a pan
2. Heat slowly and stir until cheese has melted



Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

Desserts



A delicious collection of dessert recipes for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.



Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 10 mins



Blackberry Crumble

Serving suggestion

Blackberry Crumble



	Approx per serving	MKD exchange value
Fat	16.5g	
Protein	3.1g	
Carbohydrate	4.9g	
kcal values	180	
Ketogenic ratio	2:1	

Ingredients:

15g KetoCal 3:1 Powder
3g butter
1g corn flour
6g TRS or East End coconut flour
Hermesetas liquid sweetener
49g blackberries

Chef's tip:

To batch make crumble multiply ingredients by how many servings you wish to make and divide mixture into equal amounts.

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

Method:

1. Preheat oven to 150°C/gas mark 2
2. Place KetoCal 3:1, butter, corn flour, coconut flour and a squirt of sweetener in a bowl
3. Rub in butter with fingertips to make fine crumbs
4. Place blackberries in a small ovenproof dish and cover with the crumble topping
5. Cook in preheated oven for 10 mins





Skill Rating



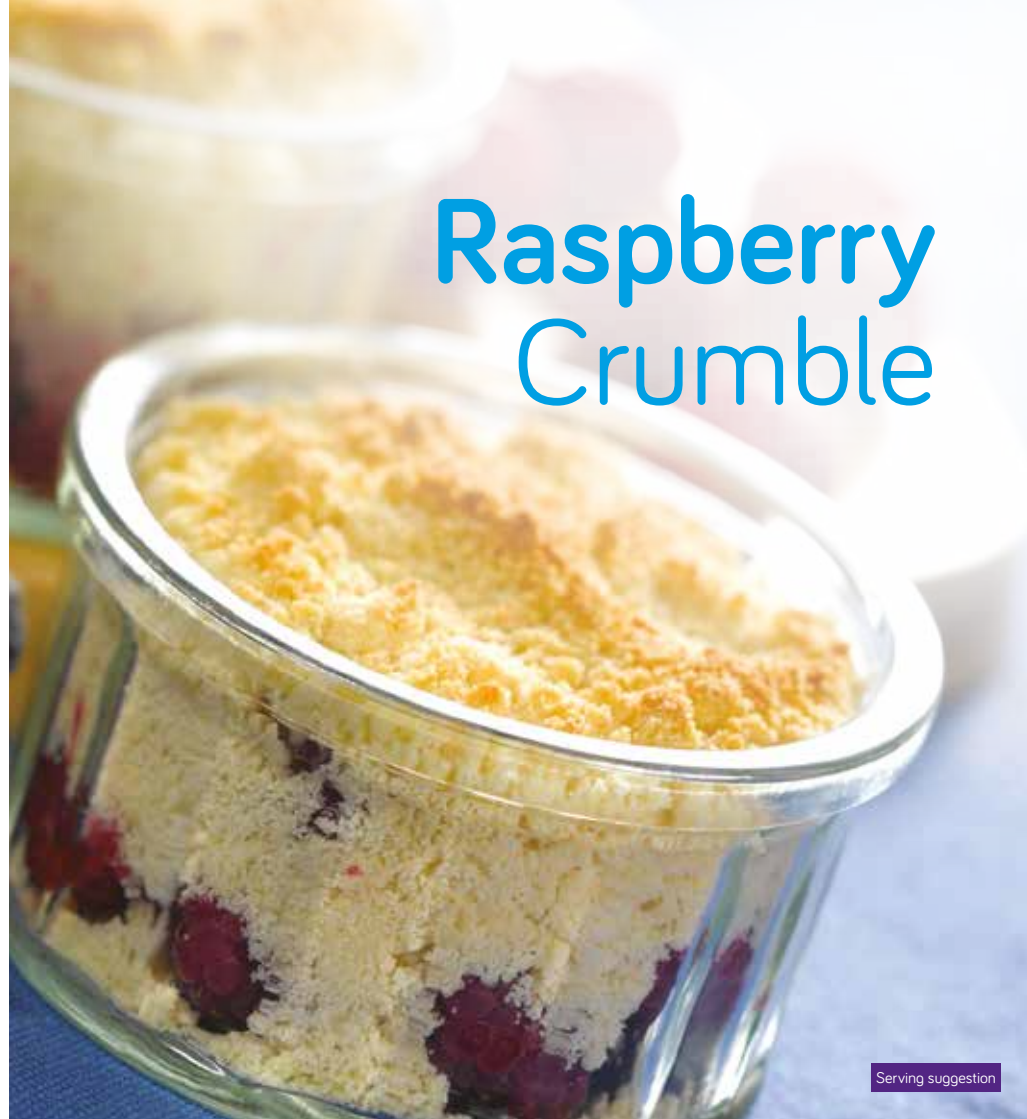
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 10 mins



Raspberry Crumble

Serving suggestion

Raspberry Crumble



	Approx per serving	MKD exchange value
Fat	16.5g	
Protein	3.3g	
Carbohydrate	4.8g	
kcal value	181	
Ketogenic Ratio	2:1	

Ingredients:

15g KetoCal 3:1 Powder
3g butter
1g corn flour
6g TRS or East End coconut flour
Hermesetas liquid sweetener
52g raspberries

Chef's tip:

To batch make crumble multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

Method:

1. Preheat oven to 150°C/gas mark 2
2. Place KetoCal 3:1, butter, corn flour, coconut flour and a squirt of sweetener in a bowl
3. Rub in butter with fingertips to make fine crumbs
4. Place raspberries in a small ovenproof dish and cover with the crumble topping
5. Cook in preheated oven for 10 mins



Skill Rating



Novice

Expert

Recipe makes: 3 pancakes

Preparation time: 10 mins

Cooking time: 10 mins



Pancakes

Serving suggestion

Pancakes



	Approx per serving	MKD exchange value
Fat	7.4g	
Protein	2.6g	
Carbohydrate	1.1g	
kcal values	82	
Ketogenic ratio	2:1	

Ingredients:

26g KetoCal 3:1 Powder
2g butter
26g egg
4g water
9g skimmed milk
20g raspberries
Frylight spray oil



Method:

1. Melt butter, stir in egg and milk then mix well
2. Mix KetoCal 3:1 and water into the mixture
3. Add spray oil to a frying pan and warm on medium heat
4. Cook until golden brown
5. Serve with raspberries

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Skill Rating



Novice

Expert

Recipe serves: 5

Preparation time: 10 mins

Chilling time: 2-3 hrs



Chocolate Ice Cream



Serving suggestion

Chocolate Ice Cream



	Approx per serving	MKD exchange value
Fat	10.2g	
Protein	3g	
Carbohydrate	2.1g	
kcal values	112	
Ketogenic ratio	2:1	

Ingredients:

60g KetoCal 3:1 Powder
10g Bournville cocoa powder
190g water
96g whole milk
23g single cream
Hermesetas liquid sweetener

Chef's tip:

Please take care not to use drinking chocolate



Method:

1. Mix together KetoCal 3:1, cocoa powder, water, milk, cream and a squirt of liquid sweetener in a freezer proof bowl
2. Place in freezer for 20 mins
3. Remove, then stir mixture until smooth
4. Repeat process twice more, then leave until frozen
5. Divide into 5 equal servings



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Skill Rating



Novice

Expert

Recipe serves: 3

Preparation time: 10 mins

Chilling time: 2-3 hrs



Strawberry Ice Cream



Serving suggestion

Chocolate Ice Cream



	Approx per serving	MKD exchange value
Fat	9.7g	
Protein	2.4g	
Carbohydrate	2.4g	
kcal values	106	
Ketogenic ratio	2:1	

Ingredients:

40g KetoCal 3:1 Powder
67g fresh strawberries
300g water
10g single cream
4 drops carb free vanilla extract
Hermesetas liquid sweetener



Method:

1. Chop strawberries into small pieces
2. Mix together KetoCal 3:1, strawberries, water, cream, vanilla extract and a squirt of liquid sweetener in a freezer proof bowl
3. Place in the freezer for 20 mins
4. Remove, then stir mixture until smooth
5. Repeat process twice more, then leave until frozen
6. Divide into 3 equal servings

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Skill Rating



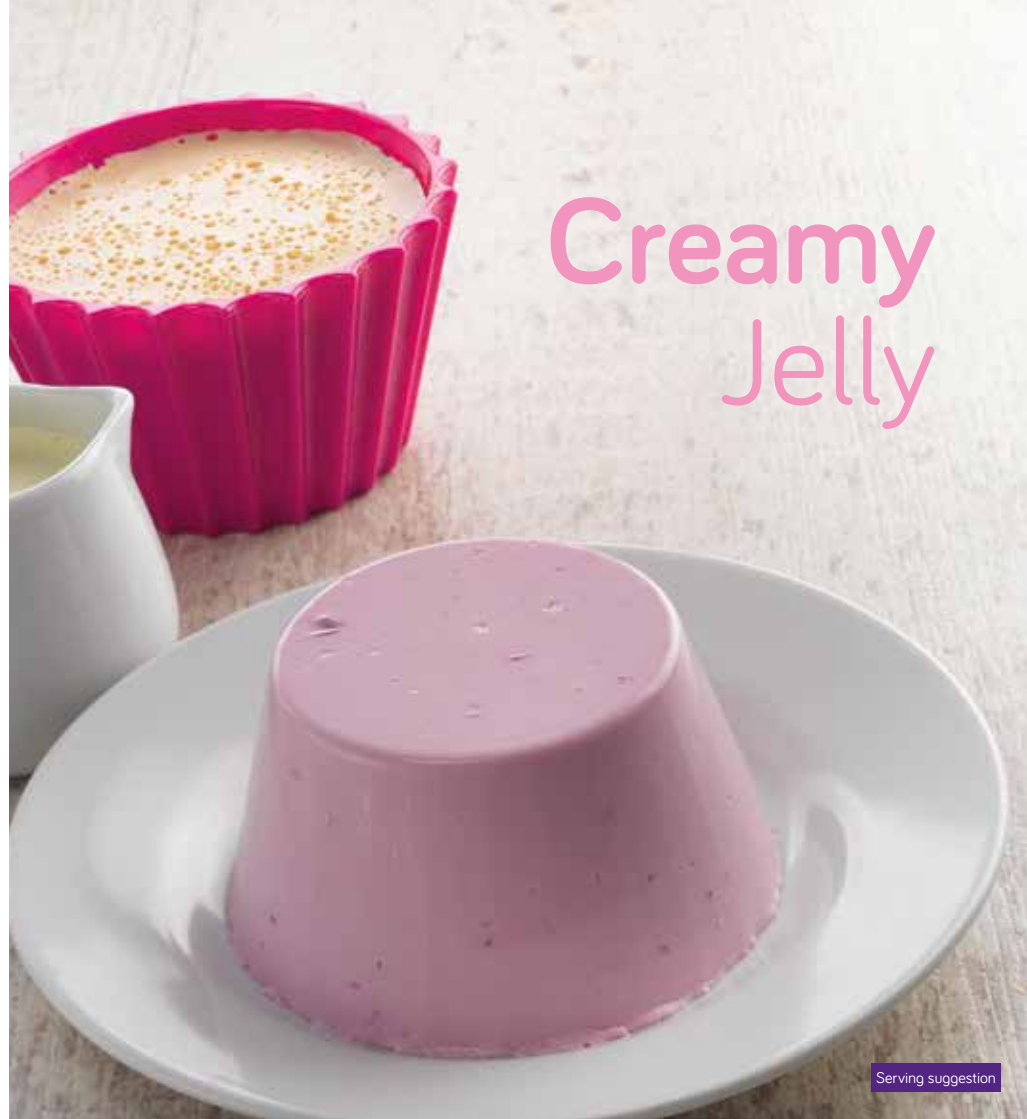
Novice

Expert

Recipe serves: 1

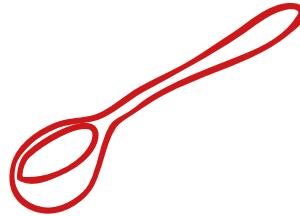
Preparation time: 10 mins

Chilling time: 2 hrs



Creamy Jelly

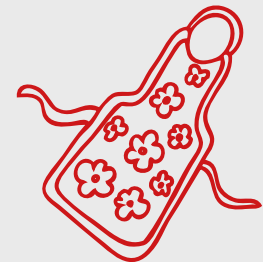
Creamy Jelly



	Approx per serving	MKD exchange value
Fat	14.8g	
Protein	6.5g	
Carbohydrate	0.9g	
kcal values	163	
Ketogenic ratio	2:1	

Ingredients:

100ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
5g Hartley sugar free jelly crystals
125g water



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Method:

1. Sprinkle jelly in hot water, stir until dissolved
2. Add KetoCal 4:1 LQ to jelly and stir
3. Pour into a bowl or mould, chill until set



Serving suggestion

Skill Rating



Novice

Expert

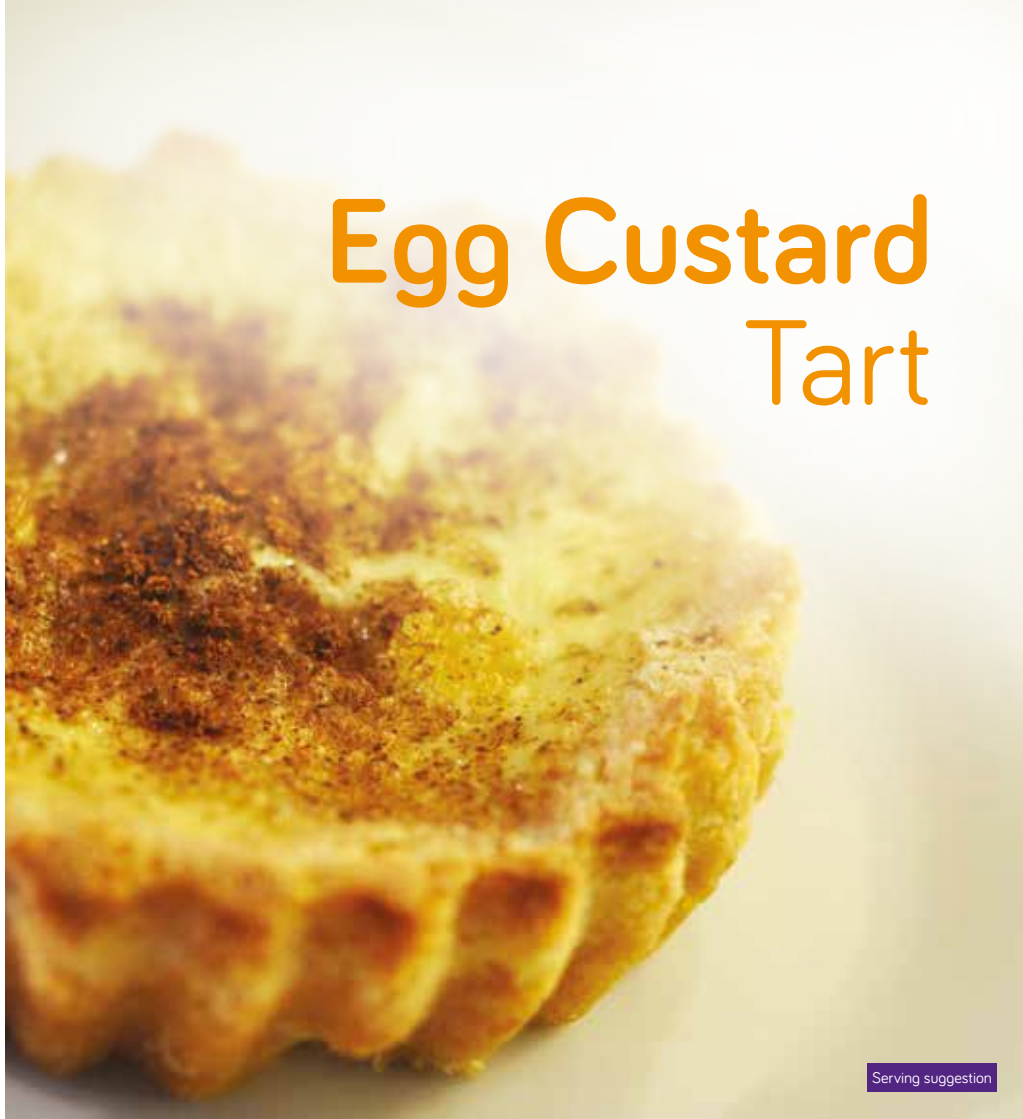
Recipe serves: 1

Preparation time: 20 mins

Cooking time: 12 mins



Egg Custard Tart



Serving suggestion

Egg Custard Tart



	Approx per serving	MKD exchange value
Fat	25g	
Protein	8.5g	
Carbohydrate	4g	
kcal values	275	
Ketogenic ratio	2:1	

Ingredients:

15g KetoCal 3:1 Powder
3g wholemeal wheat flour
11g TRS or East End coconut flour
4g butter
5g water
6g whole milk
Nutmeg
Hermesetas liquid sweetener
40g beaten egg



Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place KetoCal 3:1, wholemeal flour and coconut flour in a bowl, rub in butter with fingertips to make fine crumbs
3. Sprinkle water over the top and mix until it becomes a stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing the pastry into edges
5. Beat milk, pinch of nutmeg and a squirt of liquid sweetener with egg and fill tartlet tin
6. Cook for 10-12 mins or until golden brown

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Skill Rating



Novice

Expert

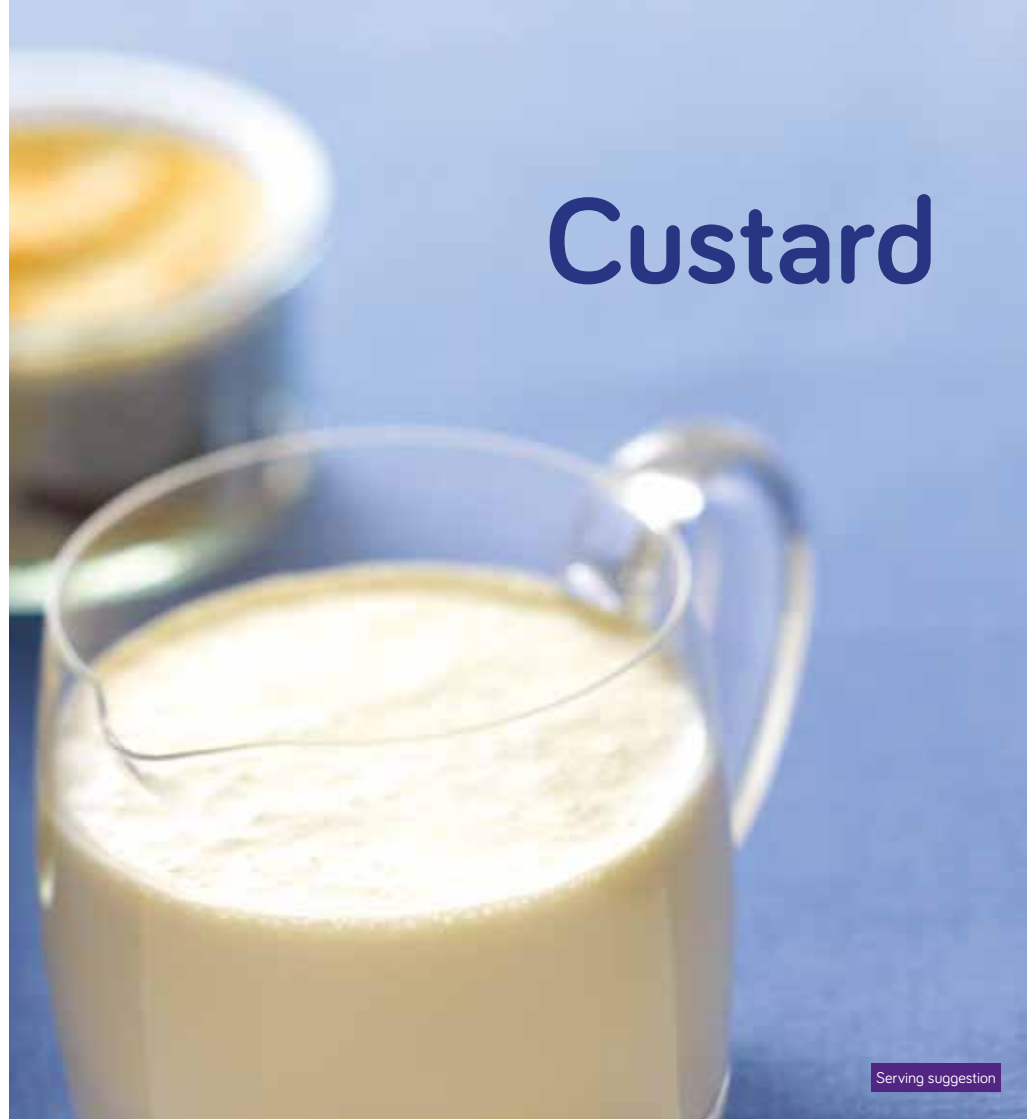
Recipe serves: 1

Preparation time: 5 mins

Cooking time: 5 mins



Custard



Serving suggestion

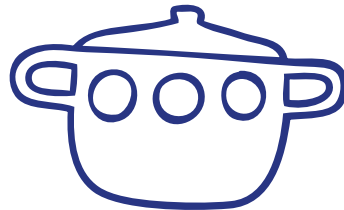
Custard



	Approx per serving	MKD exchange value
Fat	14.8g	
Protein	3.1g	
Carbohydrate	4.3g	
kcal values	163	
Ketogenic ratio	2:1	

Ingredients:

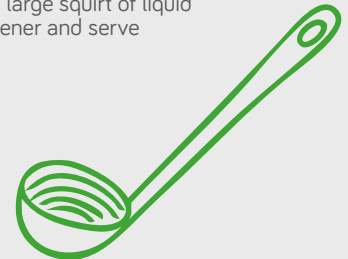
100ml KetoCal 4:1 LQ (Vanilla)
100g water
4g custard powder
Hermesetas liquid sweetener



Serving suggestion

Method:

1. Place KetoCal 4:1 LQ and water in a pan, and heat slowly (do not boil)
2. Mix custard powder with 30ml cold water and add to mixture
3. Continue heating, stir until mixture begins to thicken
4. Add a large squirt of liquid sweetener and serve



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Skill Rating



Novice

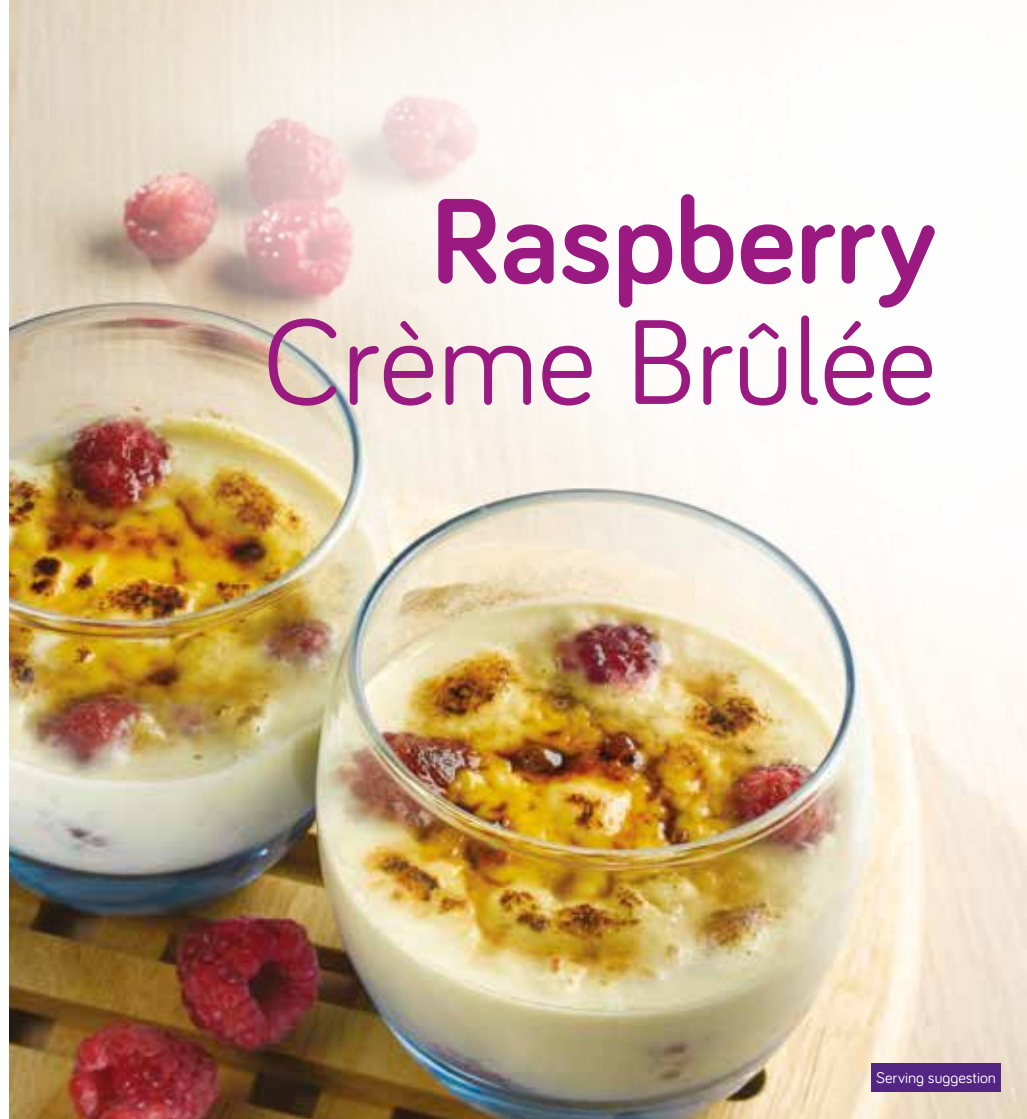
Expert

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 10 mins

Chill time: 2 hours



Serving suggestion

Raspberry Crème Brûlée



	Approx per serving	MKD exchange value
Fat	25.5g	
Protein	9.5g	
Carbohydrate	2.8g	
kcal values	278	
Ketogenic ratio	2:1	

Ingredients:

50ml KetoCal 4:1 LQ (Vanilla)
30g single cream
Hermesetas liquid sweetener
2 drops carb free vanilla extract
40g egg yolk
40g fresh raspberries
1.5g Truvia sweetener



Method:

1. Beat egg yolks thoroughly
2. Mix together KetoCal 4:1 LQ, cream, liquid sweetener and carb free vanilla extract in a bowl
3. Place bowl over a pan of hot water and heat mixture until hot
4. Pour hot mixture over egg yolk, beating all the time
5. Pour mixture into saucepan and heat, without boiling, stirring continuously until mixture thickens and it coats the back of a spoon
6. Add raspberries to a flameproof dish, pour mixture over the top and chill for 2 hrs
7. Remove from fridge, sprinkle the Truvia on top and cook under a hot grill until Truvia is golden brown

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Strawberry Panna Cotta

Skill Rating

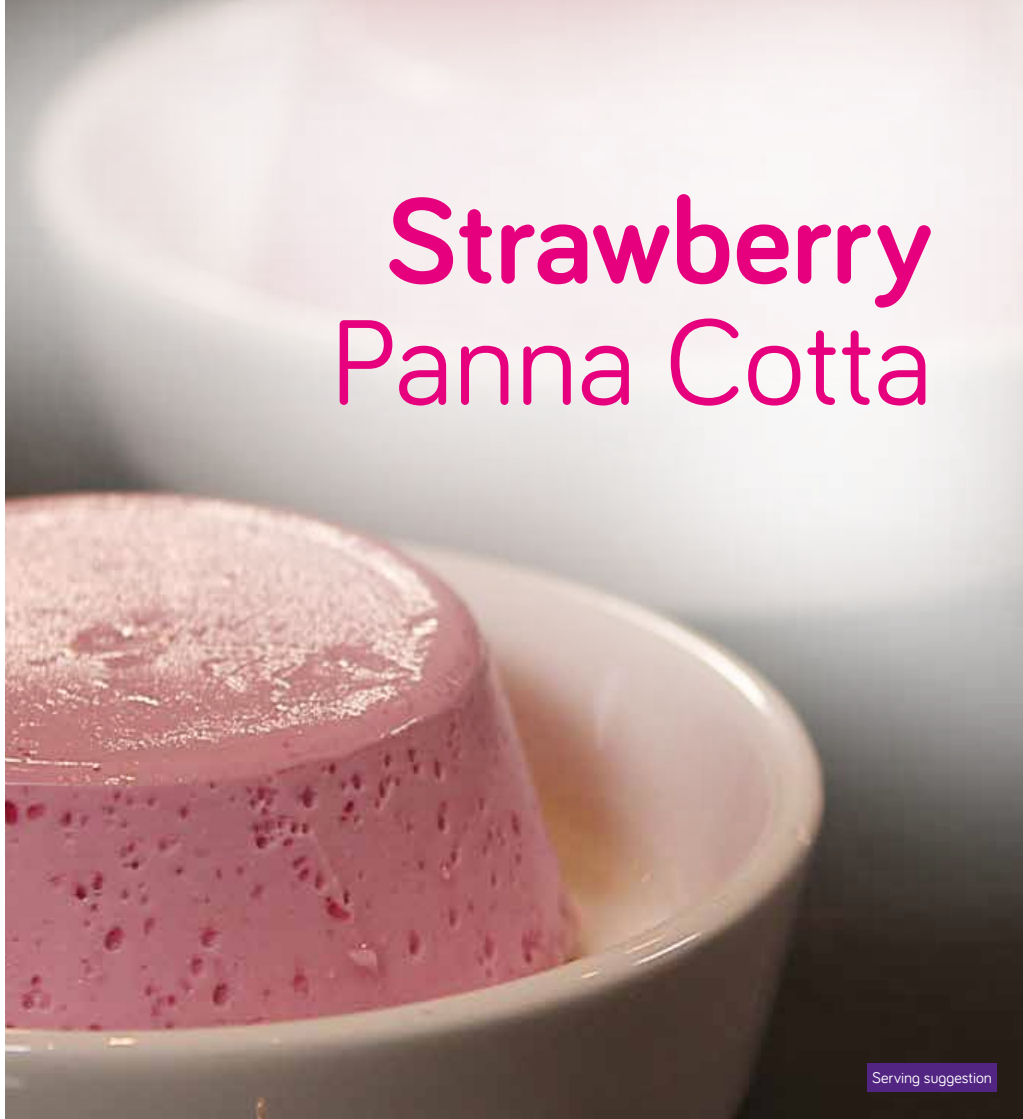


Recipe serves: 1

Preparation time: 10 mins

Cooking time: 5 mins

Chill time: 2 hours



Strawberry Panna Cotta



	Approx per serving	MKD exchange value
Fat	17.7g	
Protein	5.7g	
Carbohydrate	3.1g	
kcal values	195	
Ketogenic ratio	2:1	

Ingredients:

61ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
18g single cream
13g Yeo Valley crème fraîche
4g Hartley sugar free jelly crystals
30g chopped fresh strawberries



Method:

1. Mix together KetoCal 4:1 LQ, cream and crème fraîche in a bowl
2. Place bowl over a pan of hot water and heat mixture until hot
3. Pour hot mixture over jelly and beat until smooth, add strawberries
4. Pour into a bowl or mould and chill



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