

Everyday Ketogenic Recipe Cookbook

Your guide for delicious meals suited to the
Ketogenic Diet Therapy, adapted to your ratios

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This information is intended for patients, and carers of patients who have been prescribed ketogenic diet therapy by a healthcare professional.

Look out for Chef Derek's top tips inside!



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DISCLAIMERS

The KetoCal® range, Liquigen, Nutricia MCT Oil and Calogen are Foods for Special Medical Purposes, for the dietary management of drug-resistant epilepsy and other conditions where the Ketogenic Diet is indicated, and must be used under medical supervision.

Before making any changes to diet, please consult a Healthcare Professional.

Please always check the carbohydrate content of individual ingredients and food labels.

Allergens may be present. Please check individual ingredients and product labels.

*Fibre flour is a high-fibre, low-carb alternative to regular flour, making it a suitable option for Ketogenic Diet Therapy. It is available from online retailers and specialty health food stores.

The KetoCal Range form a superhero family when used in the ketogenic diet therapy. They are our hero ingredients due to the numerous ways in which the range supports the needs of patients following a medically managed ketogenic diet.*

*References:

1. Zupec-Kania B, et al. Long-term management of the ketogenic diet: seizure monitoring, nutrition, and supplementation. *Epilepsia*. 2008;49 Suppl 8:23-6
2. The Ketocal Range is backed with over 20 years of research and over 35 publications. Data on file
3. Karimzadeh P et al. 2019. Effects of a Formula-Based Ketogenic Diet on Refractory Epilepsy in 1 to 3 Year-Old Patients under Classic Ketogenic Diet. *Iran J Child Neurol*. Autumn 2019 Vol.13 No. 4
4. <https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid>. Accessed September 2024.

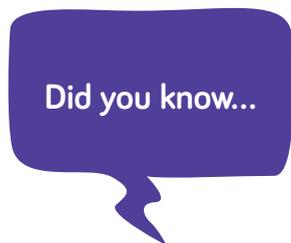
MAKING THE MOST OUT OF YOUR RECIPE BOOK

Each recipe can be adapted to suit the ratio you're on. All you need to do is tweak the quantity of ingredients.

We have provided a handy column in each ingredient list for you to note down the right amount for you.

Need help adjusting the recipes to your specific ratio? Head to our online tool MyKetoPlanner at myketoplanner.co.uk, input the ingredients and proposed quantities and MyKetoPlanner will calculate the ratio. You can adjust the quantities to reach your prescribed ratio.

1. Look out for Chef Derek's top tips next to each recipe



Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
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2. We have provided a handy column in each ingredient list for you to note down the right amount for you.

3. Scan the QR code to access our YouTube channel and cook along with Chef Derek as he shares a variety of ketogenic recipe videos!



Cook along with Chef Derek

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Don't forget to look out for our superhero ingredients to elevate your dishes and keep you on track.

BREAKFAST



Nut-Free Pancakes / Waffles



Preparation Time:
10 minutes



Cooking Time:
5 minutes



Recipe makes:
2 pancakes / 4 small waffles

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	0.5	0.83	0.71	
Fat	18.23	28.36	32.17	
Protein	8.48	8.69	7.13	
Energy (kcal)	216	311	332	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
KetoCal 4:1 Powder Unflavoured	5g	15g	10g	
Fibre flour	15g	15g	10g	
Low-carb baking powder	3g	3g	3g	
Egg	30g	20g	20g	
KetoCal 4:1 LQ Unflavoured	25ml	25ml	30ml	
Butter	10g	15g	23g	



DIRECTIONS:

1. In a bowl, mix the **KetoCal**® 4:1 Powder, fibre flour, and low-carb baking powder.
2. Pour in the beaten egg and **KetoCal**® 4:1 LQ, then whisk until the batter is smooth.
3. For pancakes: Heat a frying pan over low heat and melt the butter. Add spoonfuls of batter to the pan and cook until bubbles appear on the surface. Flip and cook until golden brown.
4. For waffles: Preheat your waffle iron. Melt butter and use it to grease the waffle iron. Pour in the batter and cook according to the manufacturer's instructions until golden brown and crisp.

Chef's tips:

Batch-cook the pancakes or waffles, allow them to cool, wrap, and freeze until needed.

SUPER HERO



Raspberry Yogurt Bowl



Preparation Time:
5 minutes



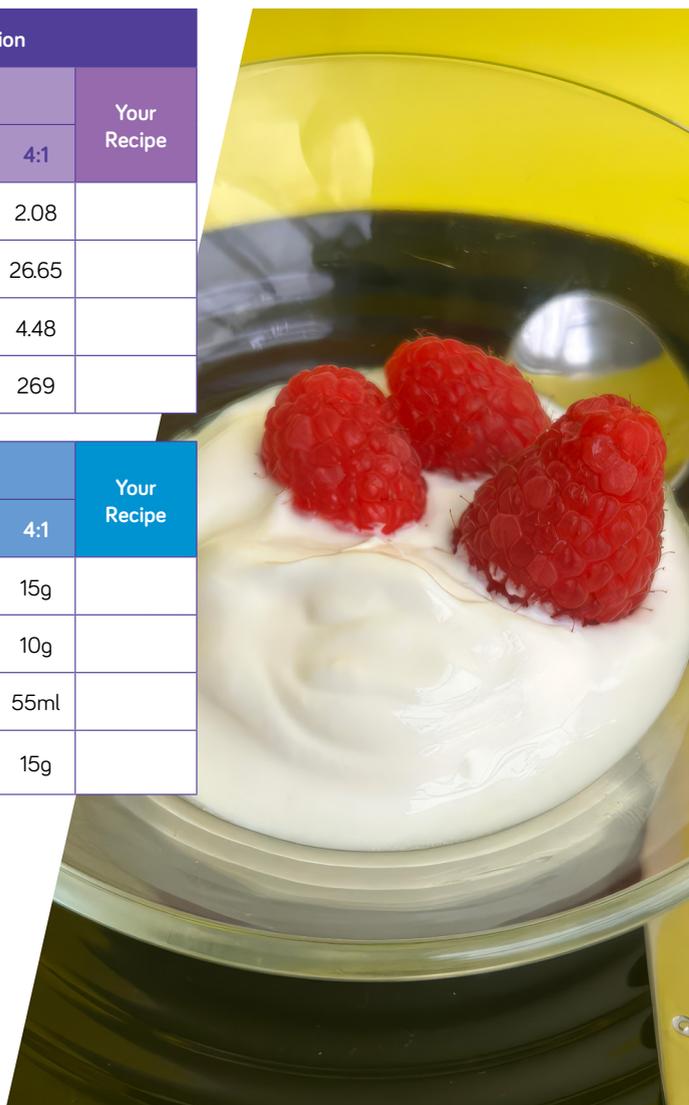
Cooking Time:
0 minutes



Recipe makes:
1 serving

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	3.1	2.44	2.08	
Fat	17.27	21.8	26.65	
Protein	5.6	4.74	4.48	
Energy (kcal)	195	228	269	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Olive oil	5g	10g	15g	
Frozen raspberries	20g	15g	10g	
Soya yogurt (plain)	80ml	60ml	55ml	
KetoCal 4:1 Powder Unflavoured	15g	15g	15g	



DIRECTIONS:

1. Place the frozen raspberries in a bowl with the olive oil and mash with a fork until a smooth purée forms. Add sweetener if desired.
2. In a separate bowl, mix the yogurt and **KetoCal** 4:1 Powder until well combined. Stir in the raspberry purée.
3. Serve immediately or refrigerate until needed.



Chef's tips:

Enjoy as a nutritious breakfast, weaning food, or a snack dessert.



Berry Smoothie



Preparation Time:
5 minutes



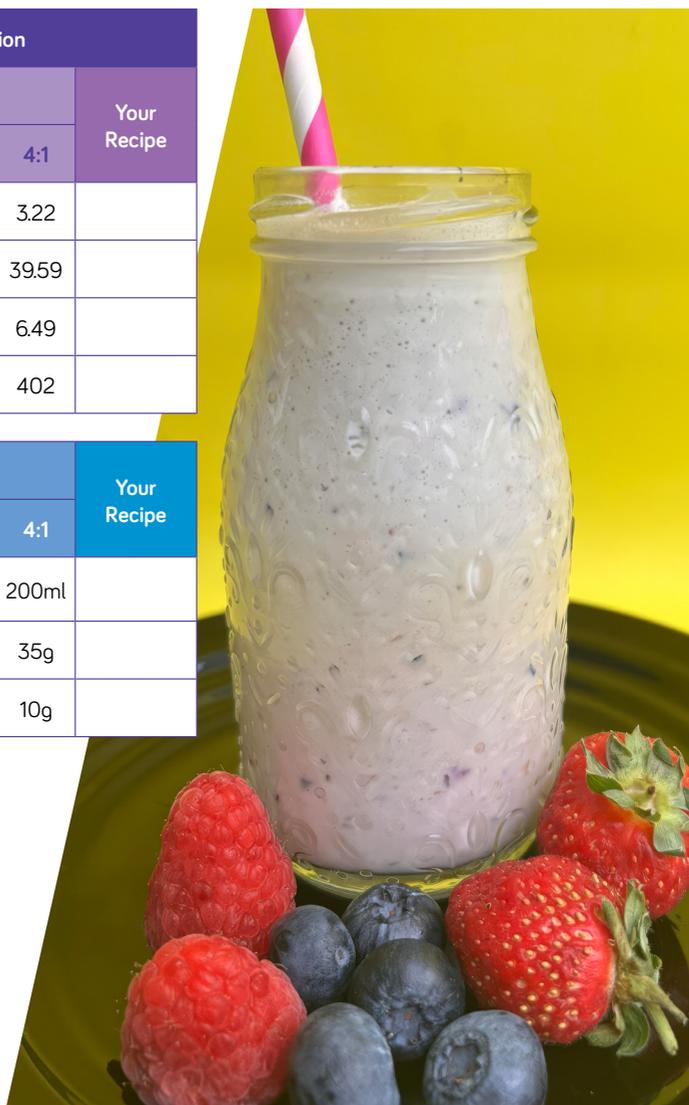
Cooking Time:
0 minutes



Recipe makes:
1 serving

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	3.74	2.69	3.22	
Fat	14.8	23.68	39.59	
Protein	3.59	5.21	6.49	
Energy (kcal)	169	251	402	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
KetoCal 4:1 LQ Unflavoured	100ml	160ml	200ml	
Mixed berries	55g	30g	35g	
Olive oil	-	-	10g	



DIRECTIONS:

1. Add **KetoCal** 4:1 LQ and mixed berries to a blender. For a thicker consistency, add ice before blending.
2. For the 4:1 recipe only, add the oil to the blender. (The 2:1 and 3:1 recipe do not include oil.)
3. Blend until smooth.
4. Drink immediately or store in a flask to keep it cool when on the go.



Scrambled Eggs



Preparation Time:
5 minutes



Cooking Time:
5 minutes



Recipe makes:
1 serving

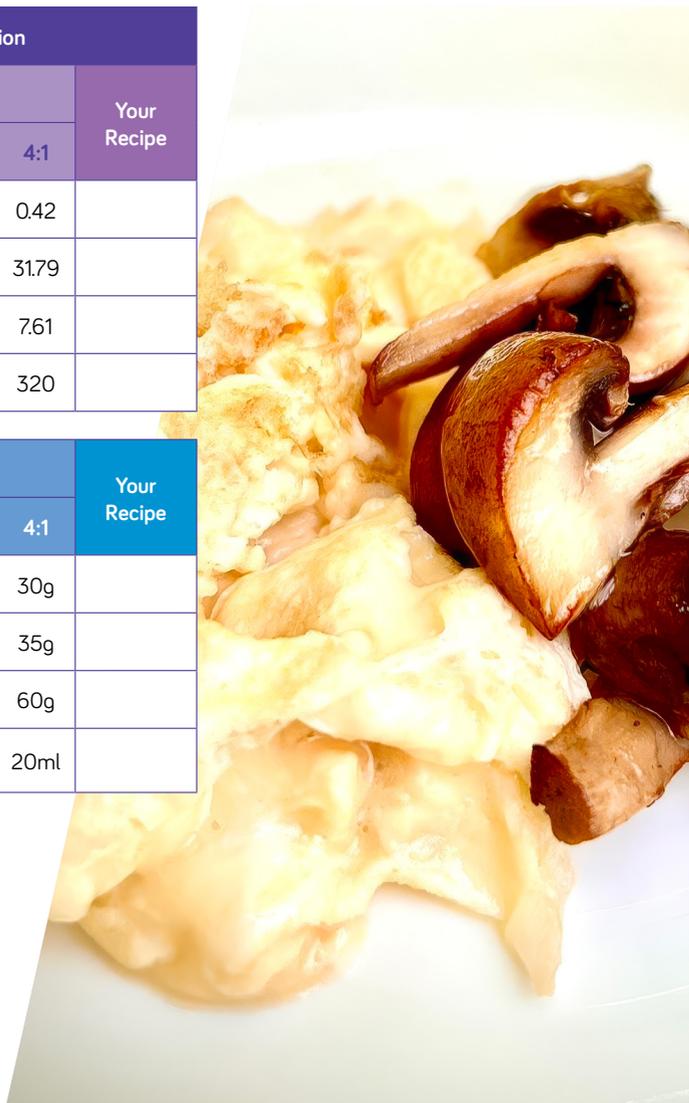
Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	0.47	0.36	0.42	
Fat	20.62	23.98	31.79	
Protein	9.46	7.44	7.61	
Energy (kcal)	227	249	320	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Mushrooms	40g	40g	30g	
Butter	10g	20g	35g	
Egg	60g	50g	60g	
KetoCal 4:1 LQ Unflavoured	10ml	20ml	20ml	



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DIRECTIONS:

1. Slice the mushrooms and fry them in butter over medium heat until soft. Season with salt and pepper to taste.
2. In a small bowl, whisk together the egg and **KetoCal** 4:1 LQ. For extra flavour, add a pinch of dried herbs at this stage.
3. Pour the egg mixture into the pan with the mushrooms, stirring gently with a wooden spoon until the eggs are fully set and cooked through.
4. Serve hot.



LUNCH



Crackers



Preparation Time:
10 minutes



Cooking Time:
8/10
(depending on the size)



Recipe makes:
6/10
(depending on the size)

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	0.83	0.89	1.18	
Fat	20.19	22.25	39.61	
Protein	8.35	6.3	8.37	
Energy (kcal)	227	232	399	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Parmesan cheese	5g	2g	2g	
Mixed herbs				
KetoCal 4:1 Powder Unflavoured	25g	30g	40g	
Olive oil			10ml	
Egg	15g	10g	15g	
Fibre flour	5g			



DIRECTIONS:

1. Preheat the oven to 170°C and line a baking sheet or cookie tray with baking paper.
2. Grate the Parmesan cheese into a bowl. Add a pinch of dried mixed herbs, then season with salt and pepper.
3. 2:1 recipe: add the fibre flour, **KetoCal** 4:1 Powder, and egg, mixing until a smooth paste forms.
3:1 recipe: add the **KetoCal** 4:1 Powder and egg, mixing until a smooth paste forms.
4:1 recipe, add the **KetoCal** 4:1 Powder, egg, and oil, mixing until a smooth paste forms.
4. Spoon teaspoon-sized portions of the paste onto the prepared baking tray. Using the back of a spoon, smooth each portion into a 1-inch round circle. Dipping the spoon in cold water will help create an even surface.
5. Bake for 8–10 minutes, or until golden brown. Remove from the oven and allow to cool on the tray.
6. Store in a tin or airtight container until needed.

Chef's tips:

Experiment with flavours by adding a pinch of paprika, garlic powder, or cayenne pepper

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Cheese Muffin



Preparation Time:
10 minutes



Cooking Time:
12/15 minutes



Recipe makes:
1 muffin / 3 mini muffins

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	0.42	0.48	0.78	
Fat	13.92	22.59	32.57	
Protein	6.22	6.91	7.03	
Energy (kcal)	158	239	332	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Butter	5g	15g	20g	
KetoCal 4:1 Powder Unflavoured	10g	10g	20g	
Fibre flour	5g	5g	5g	
Low-carb baking powder	3g	3g	3g	
Parmesan Cheese	5g	5g	3g	
Dried mixed herbs				
Egg	15g	20g	15g	
Water	25ml	25ml	30ml	



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DIRECTIONS:

1. In a small bowl, melt the butter in the microwave and allow it to cool slightly.
2. In a separate bowl, whisk together the **KetoCal** 4:1 Powder, fibre flour, low-carb baking powder, grated Parmesan cheese, and a pinch of dried mixed herbs. Season with salt and pepper to taste.
3. Pour in the beaten egg, cooled melted butter, and water, then whisk until a smooth muffin batter forms.
4. Spoon the mixture into a muffin case or small loaf tin.
5. Bake at 170°C for 12–15 minutes.
6. Remove from the oven and transfer to a wire rack to cool completely.
7. Store in an airtight container or wrap in plastic wrap and freeze until needed.



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Chef's tips:

For bite-sized snacks, use mini muffin cases—great for lunchboxes or parties. If making mini muffins, check after 8–10 minutes—the tops should be set and golden brown.



No-Nut Cheese Muffins



Preparation Time:
10 minutes



Cooking Time:
9-12 minutes



Recipe makes:
1 muffin

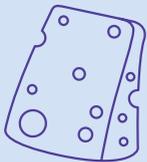
Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	0.48	0.48	0.54	
Fat	15.92	23.91	29.21	
Protein	7.2	7.2	6.77	
Energy (kcal)	187	259	307	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Fibre flour	10g	10g	10g	
Flaxseed	5g	5g	8g	
Parmesan cheese	5g	5g	2g	
Low-carb baking powder	4g	4g	4g	
Dried herbs				
Egg	10g	10g	10g	
Olive oil	7g	15g	20g	
KetoCal 4:1 LQ Unflavoured	30ml	30ml	30ml	
Water	15ml	10ml	10ml	



DIRECTIONS:

1. In a small bowl, mix the fibre flour, flaxseed, low-carb baking powder, Parmesan cheese, and a pinch of dried herbs. Season with salt and pepper.
2. Add the beaten egg, olive oil, **KetoCal** 4:1 LQ, and water.
3. Stir until the mixture is smooth and well combined.
4. Line a muffin tin with a paper liner and pour in the mixture.
5. Bake at 170°C for 8–12 minutes, depending on the size of the muffin case.
6. Allow to cool in the tin before serving, or store in an airtight container. You can also wrap and freeze it for later use.



Chef's tips:

For variety, try baking the mixture in mini muffin cases for bite-sized portions or a mini loaf tin for a different shape. Adjust the baking time as needed.



DINNER



Sausage Meat Balls in Tomato Sauce



Preparation Time:
15 minutes



Cooking Time:
10 minutes



Recipe makes:
1 portion or half as a snack

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	4.12	3.38	2.64	
Fat	28.76	39.87	51.28	
Protein	9.7	9.78	9.78	
Energy (kcal)	318	415	514	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
95% Pork Sausage	50g	50g	50g	
Olive oil	15g	25g	35g	
Mushrooms	50g	50g	60g	
Spring onions	20g	20g	5g	
Garlic puree	2g	2g	2g	
Dried basil				
Canned chopped tomatoes	70g	50g	40g	
KetoCal 4:1 LQ Unflavoured	20ml	30ml	40ml	
Water	50ml	50ml	50ml	



DIRECTIONS:

1. Cut and remove the sausage meat from the casing, then roll it into small meatballs.
2. Heat the olive oil in a frying pan over medium-low heat. Add the meatballs and fry for about 5 minutes, turning regularly to brown on all sides.
3. Slice the mushrooms and spring onions. Once the meatballs are browned, add them to the pan and cook for a few minutes until softened.
4. Stir in the garlic purée, a pinch of dried basil, and chopped tomatoes. Season with salt and pepper to taste, then let simmer for 5 minutes.
5. Pour in the **KetoCal** 4:1 LQ and stir to combine.
6. Serve with low-carb noodles, cauliflower rice, or pumpkin mash for a delicious keto-friendly meal.



Cauliflower Cheese



Preparation Time:
10 minutes



Cooking Time:
15 minutes



Recipe makes:
1 portion or half as a snack

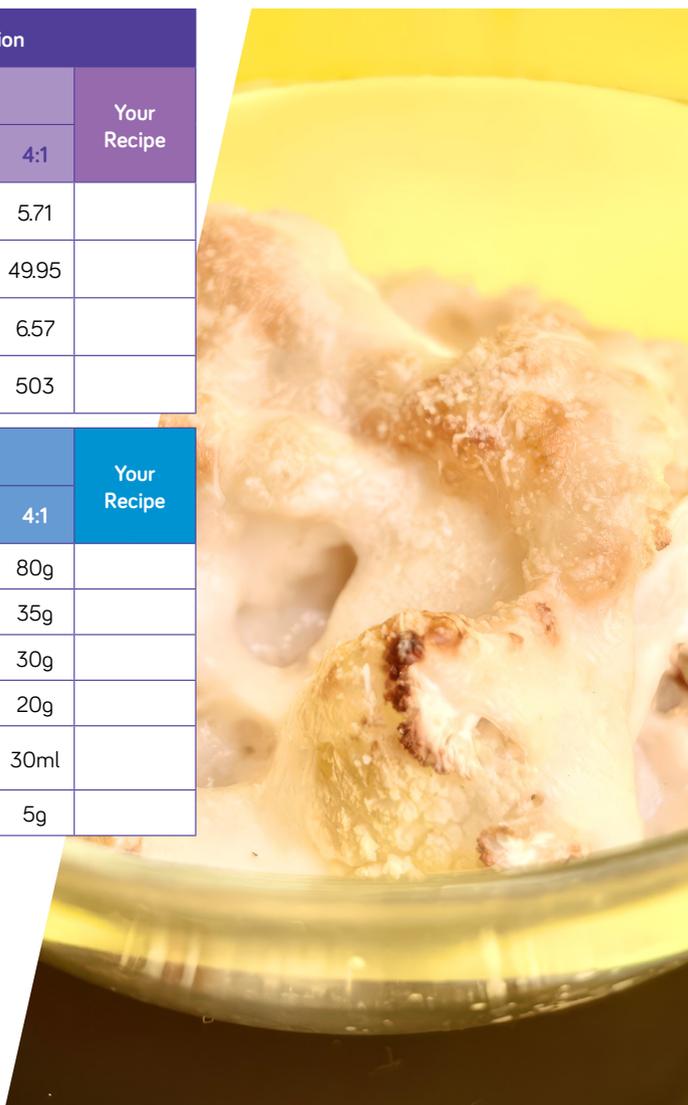
Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	4.59	4.66	5.71	
Fat	29.41	37.74	49.95	
Protein	9.79	8.14	6.57	
Energy (kcal)	325	395	503	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Cauliflower	80g	80g	80g	
Cream cheese	25g	10g	35g	
Double Cream	20g	25g	30g	
Olive oil	5g	10g	20g	
KetoCal 4:1 LQ Unflavoured	10ml	45ml	30ml	
Cheddar cheese	25g	15g	5g	



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DIRECTIONS:

1. Cut the cauliflower into florets and place them in a steamer basket over a pot of simmering water. Cover and steam for 6–8 minutes, or until tender when pierced with a fork. Alternatively, microwave in a covered bowl with a splash of water for 4–5 minutes until soft. Drain any excess water.
2. In a bowl, mix the cream cheese, double cream, olive oil, and **KetoCal** 4:1 LQ. Season with salt and pepper to taste.
3. Transfer the cooked cauliflower to a heatproof dish and pour over the sauce. Sprinkle the grated cheese evenly on top.
4. Bake at 170°C for 15–20 minutes, or until the cheese has melted and turned golden brown.
5. Serve hot or allow to cool before freezing for later use.



Chef's tips:

- For extra flavour, try adding a pinch of nutmeg, garlic powder, or paprika to the sauce.
- If you don't have a steamer, you can boil the cauliflower for 5–6 minutes, but be sure to drain it well to prevent excess moisture in the dish.
- For a crispier top, grill the dish for the last 2–3 minutes until golden and bubbly.



Chicken Nuggets



Preparation Time:
10 minutes



Cooking Time:
10 minutes



Recipe makes:
One chicken burger, or 4 nuggets

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	0.64	0.78	1.04	
Fat	22.17	35.62	52.31	
Protein	10.03	11.02	11.51	
Energy (kcal)	244	370	525	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Chicken mince	40g	40g	35g	
Egg white	5g	5g	5g	
KetoCal 4:1 Powder Unflavoured	15g	20g	30g	
Dried mixed herbs				
Olive oil	10g	20g	30g	



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DIRECTIONS:

1. Place the minced chicken into a bowl. Stir in the egg white, **KetoCal** 4:1 Powder, dried mixed herbs, and a generous pinch of salt and pepper. Mix until well combined.
2. Heat the oil in a frying pan over medium-low heat.
3. For nuggets: Drop teaspoonfuls of the chicken mixture into the hot oil and use the back of the spoon to slightly press them into a nugget shape.
4. For burgers: If making burgers, wet your hands and shape the mixture into patties. These will take longer to cook than nuggets.
5. Fry for a few minutes on each side until golden brown and fully cooked through.
6. Serve hot, or allow to cool before freezing.
7. To reheat, bake in the oven or cook in an air fryer until heated through.

Chef's tips:

If you can't find minced chicken, blend a chicken breast in a food processor until finely ground.



Mushroom Curry



Preparation Time:
10 minutes



Cooking Time:
5 minutes



Recipe makes:
1 serving

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	5.02	4.75	4.15	
Fat	18.42	26.49	34.71	
Protein	3.74	4.17	4.54	
Energy (kcal)	208	282	356	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Olive oil	10g	15g	20g	
Mushrooms	100g	80g	70g	
Green pepper	15g	15g	15g	
Spring onion	5g	5g	5g	
Tomato puree	2g	2g	2g	
Garlic puree	2g	1g	1g	
Canned chopped tomatoes	45g	40g	35g	
Curry powder	5g	5g	3g	
KetoCal 4:1 Powder Unflavoured	10g	15g	20g	
Water	50ml	50ml	50ml	



DIRECTIONS:

1. Slice the mushrooms, pepper, and spring onion before starting.
2. Heat the oil in a pan over medium heat.
3. Add the sliced mushrooms, sliced pepper, sliced spring onion, tomato purée, and garlic purée to the pan. Cook for 5 minutes, stirring occasionally.
4. Add the chopped tomatoes and curry powder, then reduce the heat to low and cook for another 5 minutes.
5. In a small bowl, mix the **KetoCal** 4:1 Powder with water to form a smooth paste. Stir it into the curry sauce until well combined.
6. Serve hot.



Fish Pie



Preparation Time:
10 minutes



Cooking Time:
20 minutes



Recipe makes:
1 portion or half as a snack

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	3.67	3.57	3.29	
Fat	37.05	50.37	67.07	
Protein	13.68	13.19	13.05	
Energy (kcal)	408	525	674	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Pumpkin	70g	60g	60g	
Butter	15g	15g	30g	
Oil	10g	25g	30g	
Mushrooms	60g	50g	50g	
Spring onions	30g	25g	25g	
Cream cheese	20g	30g	20g	
KetoCal 4:1 LQ Unflavoured	50ml	25ml	25ml	
Fish pie mix	50g	50g	50g	



DIRECTIONS:

1. Prepare the pumpkin mash: If using fresh or frozen pumpkin, boil until soft, then drain and mash until smooth. Stir in the butter, season with salt and pepper, and set aside.
2. Heat the oil in a frying pan over medium heat. Add the sliced mushrooms and chopped spring onions, and cook for 5 minutes, until soft.
3. Stir in the cream cheese and **KetoCal** 4:1 LQ, season to taste with salt and pepper, and cook until the cream cheese has melted. Remove from heat.
4. Add the fish pie mix to the mushroom mixture and transfer everything into an ovenproof baking dish or foil tray.
5. Spread the pumpkin mash evenly over the top using a fork to create a textured surface.
6. At this stage, you can cool and freeze the dish for later or bake immediately at 170°C for 25 minutes, until heated through.

Chef's tips:

Canned pumpkin is a great alternative to fresh or frozen pumpkin and saves time. Simply warm it in the microwave before mixing with butter.



Pasta Sauce



Preparation Time:
15 minutes



Cooking Time:
10 minutes



Recipe makes:
1 portion

Nutritional Information

Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	6.97	7.23	7.23	
Fat	23.98	37.03	47.02	
Protein	4.41	4.65	4.65	
Energy (kcal)	269	388	478	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Cauliflower	35g	35g	35g	
Parsnip	30g	30g	30g	
Mushrooms	50g	50g	50g	
Spring onions	10g	10g	10g	
Olive oil	5g	10g	20g	
Garlic powder				
KetoCal 4:1 LQ Unflavoured	70ml	70ml	70ml	
Double cream	15g	30g	30g	



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DIRECTIONS:

1. Chop the cauliflower, parsnips, mushrooms, and spring onions into small, bite-sized pieces.
2. Heat the olive oil in a pan over medium-low heat.
3. Add the chopped vegetables, season with salt, pepper, and a pinch of garlic powder, and fry for a few minutes, stirring occasionally until softened.
4. Pour in the **KetoCal** 4:1 LQ, cover with a lid, and simmer until the vegetables are fully soft.
5. Stir in the double cream, then mash with a fork or use a stick blender for a smoother texture.
6. Serve with low-carb noodles



SIDES



Pumpkin Mash



Preparation Time:
5 minutes



Cooking Time:
3/5 minutes



Recipe makes:
1 portion

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	1.62	1.65	1.68	
Fat	7.13	11.24	15.35	
Protein	1.86	1.89	1.92	
Energy (kcal)	80	117	154	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Pumpkin	70g	70g	70g	
Butter		5g	10g	
KetoCal 4:1 Powder Unflavoured	10g	10g	10g	



DIRECTIONS:

1. Steam or boil the pumpkin until soft. Once cooked, mash until smooth and season with salt and pepper to taste.
2. For the 3:1 and 4:1 recipes, stir in the **KetoCal** 4:1 Powder and butter. For the 2:1 recipe, mix only with the **KetoCal** 4:1 Powder.
3. Serve hot, or allow to cool before freezing until needed.

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Kale Crisps



Preparation Time:
5 minutes



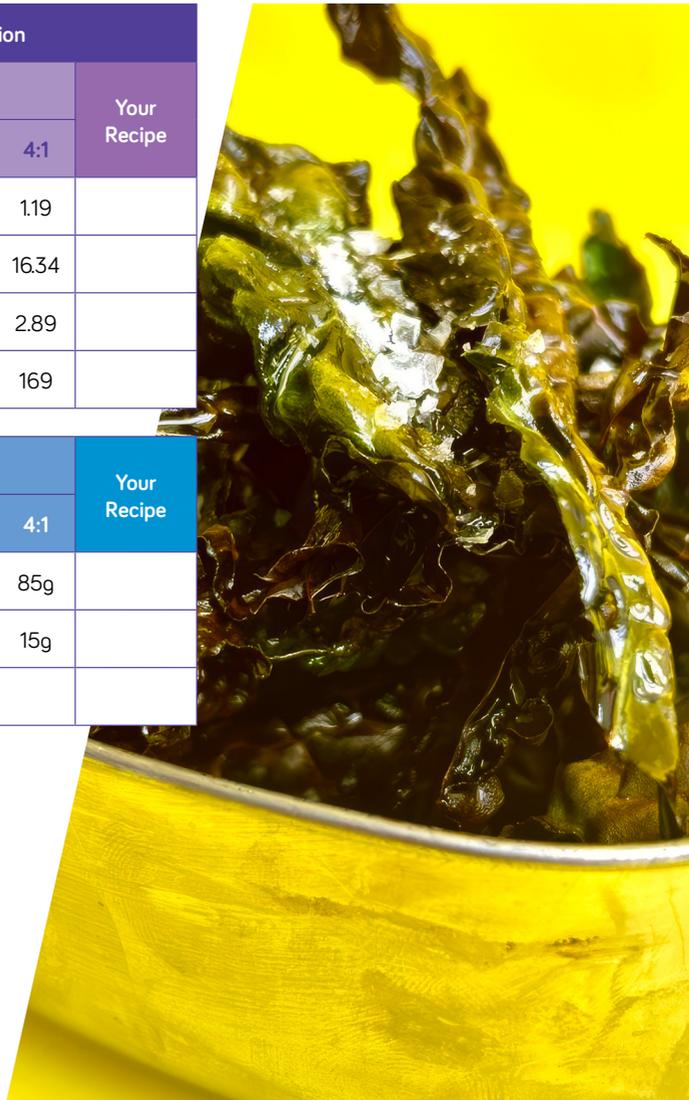
Cooking Time:
7/10 minutes



Recipe makes:
1 portion or half a s a snack

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	1.05	1.12	1.19	
Fat	7.19	11.27	16.34	
Protein	2.55	2.72	2.89	
Energy (kcal)	84	122	169	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Curly kale	75g	80g	85g	
Olive oil	6g	10g	15g	
Smoked paprika				



DIRECTIONS:

1. Remove the stalks from the kale, then weigh out the required quantity.
2. Tear the leaves into bite-sized pieces and place them in a bowl.
3. Drizzle with oil, then season with salt, pepper, and a pinch of smoked paprika. Stir well to ensure the kale is fully coated.
4. Spread the kale evenly onto a baking sheet in a single layer.
5. Bake at 170°C for 5 minutes, then use a fish slice or spatula to turn the kale over. Bake for another 5 minutes, or until fully crisp.
6. Allow to cool on the tray.
7. Store in an airtight container to maintain crispness.

Chef's tips:

- Try adding garlic powder, chili flakes, or nutritional yeast for a different twist.
- If the kale softens, re-crisp in the oven for 2–3 minutes at 170°C before serving.



Chips / Wedges



Preparation Time:
5 minutes



Cooking Time:
12/15 minutes



Recipe makes:
1 portion

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	3.5	4.5	3.25	
Fat	8.2	15.25	15.17	
Protein	0.49	0.63	0.46	
Energy (kcal)	93	161	154	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Swede	70g	90g	65g	
Olive oil	8g	15g	15g	



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DIRECTIONS:

1. Peel the swede, then slice and chop it into batons of any preferred size for chips or French fries. Alternatively, cube the swede for a great roast dinner side.
2. Arrange the swede chips or cubes on a baking sheet, drizzle with oil, and season with salt and pepper to taste.
3. Bake at 170°C for 10–15 minutes, depending on size. Smaller cubes and French fries may cook faster, so check after 10 minutes.

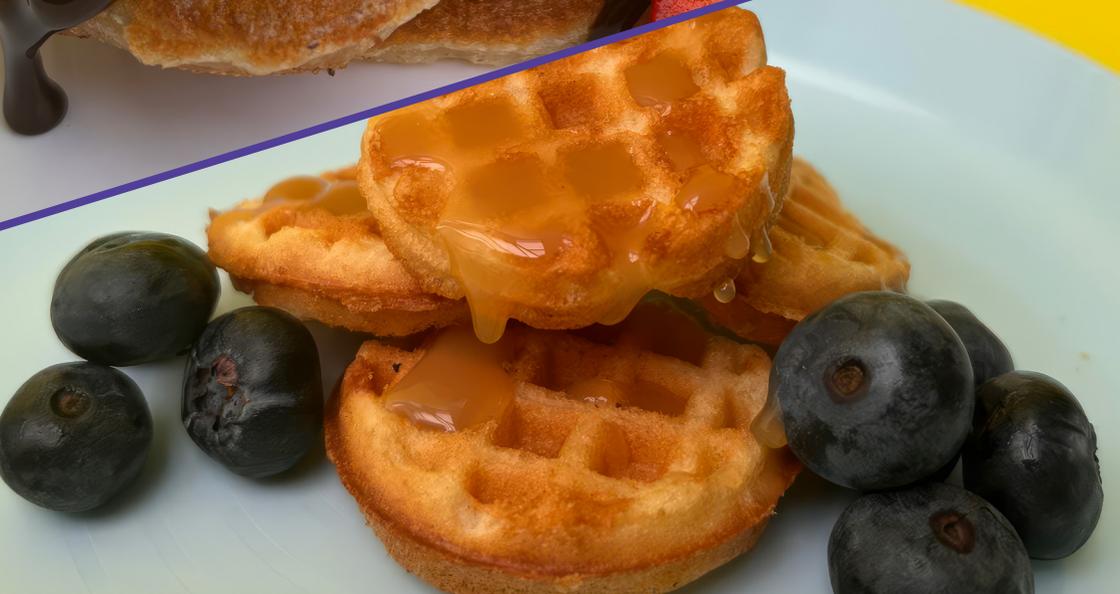


Chef's tips:

- Add garlic powder, smoked paprika, or rosemary for a different twist.
- For even cooking, spread the chips in a single layer, ensuring they're not overcrowded on the tray.



DESSERT



Vanilla Biscuits



Preparation Time:
10 minutes



Cooking Time:
8/10 minutes



Recipe makes:
4 biscuits

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	8.57	1.74	2.01	
Fat	30.55	22.19	33.87	
Protein	6.74	5.69	6.47	
Energy (kcal)	341	223	343	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Butter	15g	5g	15g	
Low-carb icing sweetener	3g	5g	15g	
Low-carb vanilla extract				
Ground almonds	20g	20g	20g	
KetoCal 4:1 Powder Vanilla	10g	10g	15g	
Self-raising flour	10g			



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DIRECTIONS:

1. Use room-temperature butter for this recipe.
2. In a bowl, cream the butter and low-carb icing sweetener until light and fluffy. Add a few drops of low-carb vanilla extract.
3. For the 2:1 recipe: Add the ground almonds, **KetoCal**® 4:1 Powder and flour, then mix until a soft dough forms. For the 3:1 and 4:1 recipes: Add the ground almonds and **KetoCal**® 4:1 Powder, then mix until a soft dough forms.
4. Chill the dough in the fridge for 30 minutes.
5. Line a cookie sheet or baking tray with baking paper.
6. Divide the dough into 4 equal portions and roll each into a smooth ball. Place them on the cookie sheet and press down slightly. You can adjust the size of the biscuits as needed.
7. Bake at 170°C for 8–10 minutes, or until the tops turn golden brown. If making larger or smaller biscuits, adjust the baking time accordingly.
8. Allow the biscuits to cool on the tray before transferring them to a biscuit tin or an airtight container.

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Chef's tips:

Freezing Option: Shape the biscuits and freeze them until needed. When baking from frozen, simply add a few extra minutes to the cooking time.

Flavour Variations: Instead of low-carb vanilla extract, try low-carb almond extract, orange zest, lemon zest, a pinch of ground cinnamon, or ground ginger.



No-Nut Biscuits



Preparation Time:
10 minutes



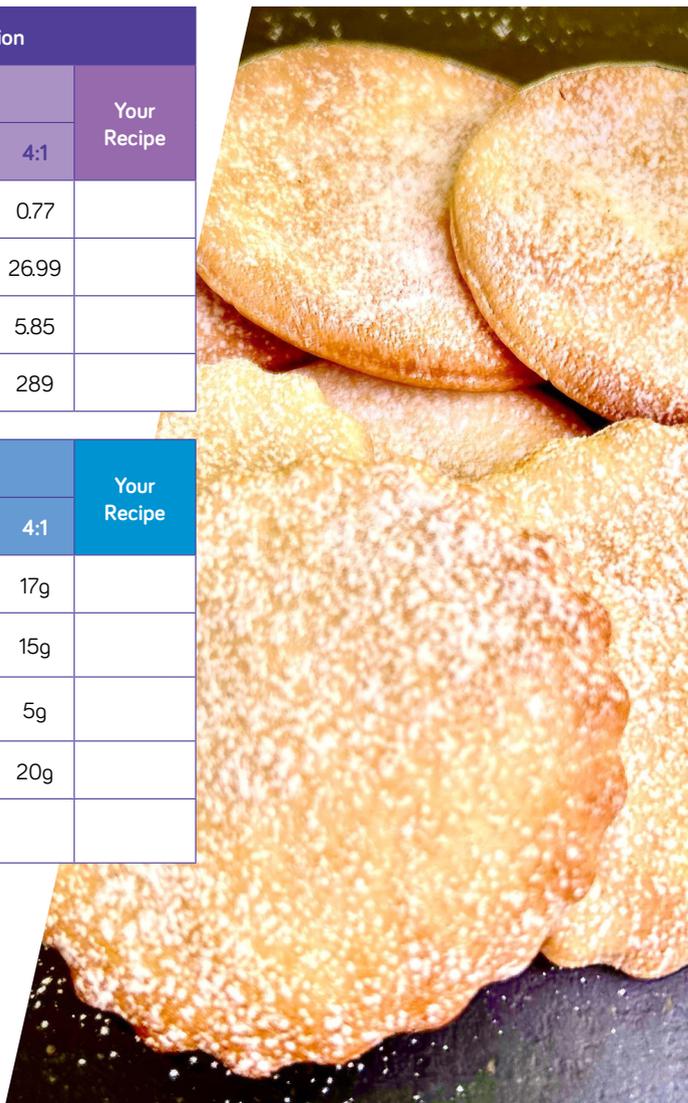
Cooking Time:
8-10 minutes



Recipe makes:
2 biscuits

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	0.42	0.67	0.77	
Fat	11.19	20.01	26.99	
Protein	4.84	6.01	5.85	
Energy (kcal)	143	229	289	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Fibre flour	20g	20g	17g	
KetoCal 4:1 Powder Vanilla	4g	12g	15g	
Low-carb icing sweetener	5g	5g	5g	
Butter	10g	14g	20g	
Low-carb vanilla extract				



DIRECTIONS:

1. Add the fibre flour, **KetoCal** 4:1 Powder, and low-carb icing sweetener to a bowl. Whisk to combine.
2. Rub the butter into the dry mixture, then add a few drops of low-carb vanilla extract. Continue rubbing until a smooth, soft biscuit dough forms.
3. Divide the dough into two pieces, roll each between your hands, and place them onto a lined baking tray. Lightly flatten with your hand.
4. Bake at 170°C for 8–10 minutes, until the edges are slightly golden. Allow to cool on the tray.
5. Store in an airtight container or freeze the biscuit dough before baking. (If baking from frozen, add 2 minutes to the baking time.)

Chef's tips:

For a flavour variation, try adding a pinch of ground cinnamon or ground ginger, or the zest of an orange or lemon to the dough



Fudge Brownie



Preparation Time:
10 minutes



Cooking Time:
12-15 minutes



Recipe makes:
1 brownie

Nutritional Information				
Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	3.79	1.78	2.02	
Fat	24.47	24.94	38.54	
Protein	8.33	6.53	7.72	
Energy (kcal)	275	265	395	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
Butter	10g	15g	20g	
90% dark chocolate	20g	5g	5g	
KetcoCal 4:1 Powder Vanilla	5g	10g	25g	
Fibre flour	5g	5g	5g	
Low-carb granulated sweetener	15g	5g	5g	
Cocoa powder	8g	5g	3g	
Egg	20g	20g	15	
Low-carb vanilla extract				



DIRECTIONS:

1. In a small bowl, melt the butter and chocolate in the microwave, stirring until smooth. Allow to cool slightly.
2. In a separate bowl, mix the **KetoCal** 4:1 Powder, fibre flour, low-carb granulated sweetener, and cocoa powder.
3. Add the egg, a few drops of low-carb vanilla extract, and the cooled butter mixture. Stir until well combined.
4. Pour the mixture into a mini loaf tin, muffin case, or small ovenproof ramekin. Mini muffin cases can also be used.
5. Bake at 170°C for 12–15 minutes, depending on the size of the tin or muffin case. The brownie will be soft but set on top and will firm up as it cools.



Creamy Jelly



Preparation Time:
5 minutes



Cooking Time:
4 hours / over night



Recipe makes:
1 serving

Nutritional Information

Nutritional Content	Ratio			Your Recipe
	2:1	3:1	4:1	
Carbohydrates	2.83	2.53	1.42	
Fat	15.56	25.39	32.28	
Protein	4.68	5.78	6.27	
Energy (kcal)	172	264	325	

Ingredient	Ratio			Your Recipe
	2:1	3:1	4:1	
KetoCal 4:1 LQ Vanilla	100ml	150ml	200ml	
Double cream		5g	5g	
Sugar-free jelly	10g	10g	10g	
Semi-skimmed milk	45ml	30g		



DIRECTIONS:

1. In a small bowl, warm 50ml of **KetoCal** 4:1 LQ in the microwave until just warm. Stir in the jelly crystals and whisk until fully dissolved.
2. For the 2:1 recipe: Mix the remaining **KetoCal** 4:1 LQ with semi-skimmed milk.
For the 3:1 recipe: Mix the remaining **KetoCal** 4:1 LQ with double cream and semi-skimmed milk.
For the 4:1 recipe: Mix the remaining **KetoCal** 4:1 LQ with double cream.
3. Add the jelly mixture to the cream mixture and whisk with a fork until fully combined.
4. Pour into molds or small ramekins and refrigerate until set.



Chef's tips:

Use any flavour of sugar-free jelly to suit your preference.



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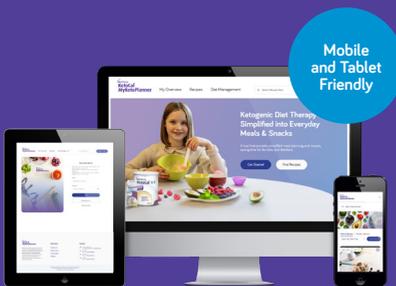
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