

TASTY PUDDING RECIPES!

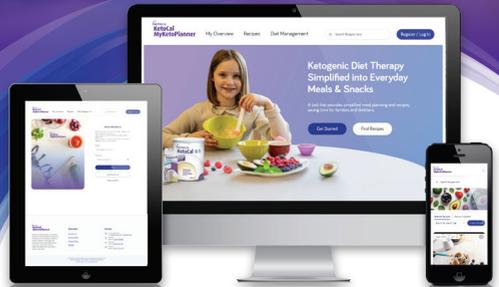
Delicious recipes
that can be adapted
for individual taste
preferences!



This information is intended for
parents or carers of children who
have been prescribed KetoCal by a
Healthcare Professional.

All products shown are Foods
for Special Medical Purposes
for the dietary management of
drug-resistant epilepsy, or other
conditions where the use of the
ketogenic diet is indicated, and must
be used under medical supervision.

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Check out myketoplanner.co.uk
for a handy meal planner tool
and recipe inspiration





Serving suggestion

Chocolate Pudding

Ingredients

	4:1	3:1	2:1	YOUR RECIPE
Ketocal 4:1 LQ vanilla (ml)	65	56	49	
Cocoa powder (g)	2	2	3	
Xanthan gum (g)	2	3	2	
Fresh double cream (g)	13	18	-	
Olive oil (g)	4	-	-	

Preparation

1. Over a low-medium heat, add the Ketocal 4:1 LQ, cocoa powder, double cream and oil (for 4:1 ratio only) to your pan, and cook until warm.
2. Remove from the heat and whisk in the xanthan gum until the mixture thickens.
3. Chill in the fridge, ready to enjoy later.

Nutritional Information

(Selected nutrients only)	4:1	3:1	2:1	YOUR RECIPE
Calories (kcal)	217	196	89	
Carbohydrates (g)	2.4	3.2	1.5	
Fat (g)	21	18.4	7.9	
Protein (g)	2.8	2.7	2.3	

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.



Serving suggestion

Vanilla Rice Pudding

Ingredients

	4:1	3:1	2:1	YOUR RECIPE
Cooked sticky Loprofin rice (g)	14	19	25	
Ketocal 4:1 LQ vanilla (ml)	50	53	42	
Ketocal 4:1 Powder vanilla (g)	24	10	-	
Vanilla extract (ml)	3	3	4	
Olive oil (g)	4	-	-	
Water (g)	-	-	20	

Preparation

1. Over a low-medium heat, add the Ketocal 4:1 LQ, vanilla extract and water or oil (for 4:1 ratio) to your pan, and cook until warm.
2. Remove from the heat and stir in cooked rice and Ketocal powder (for appropriate ratio).
3. Chill in the fridge, ready to enjoy later.

Nutritional Information

(Selected nutrients only)	4:1	3:1	2:1	YOUR RECIPE
Calories (kcal)	284	155	70	
Carbohydrates (g)	1.8	1.6	1.6	
Fat (g)	28	14.8	6.2	
Protein (g)	5	3.1	1.4	



Serving suggestion

Fruity Blueberry & Lemon Pudding

Ingredients

	4:1	3:1	2:1	YOUR RECIPE
Ketocal 4:1 LQ vanilla (ml)	9	26	15	
Fresh double cream (g)	40	37.5	27	
Fresh lemon juice (g)	8	10	10	
Lemon peel (g)	3	4	5	
Xanthan gum	-	2	2	
Blueberries (g)	-	13	15	
Freeze dried raspberry pieces (g)	4	3.5	6	

Preparation

1. Over a low-medium heat, add the Ketocal 4:1 LQ, double cream, lemon peel, blueberries and raspberry pieces (for appropriate ratio) in a pan until warm.
2. Remove from the heat and stir in the lemon juice and xanthan gum (for appropriate ratio).
3. Chill in the fridge until set.

Nutritional Information

(Selected nutrients only)	4:1	3:1	2:1	YOUR RECIPE
Calories (kcal)	278	257	187	
Carbohydrates (g)	4.3	5.9	6	
Fat (g)	27.8	24.4	16.9	
Protein (g)	2.5	2.2	2.0	

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