



KETOGENIC DIET 3:1

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 dietitian 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

Custard



Smoothies

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



Snacks

- Blueberry muffins
- Cheese and herb muffins
- Savoury muffins
- Chocolate muffins
- Cinnamon and blueberry toast
- Savoury crackers
- Cheese wrap
- 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
- Pancakes
- Chocolate ice cream
- Vanilla ice cream
- Creamy jelly
- Egg custard tart
- Custard
- Raspberry crème brûlée
- Strawberry panna cotta
- Raspberry crumble

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



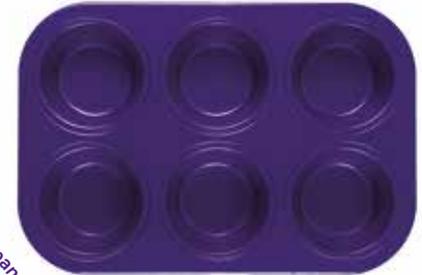
Whisk



Spatula



Mixing bowl and spoon

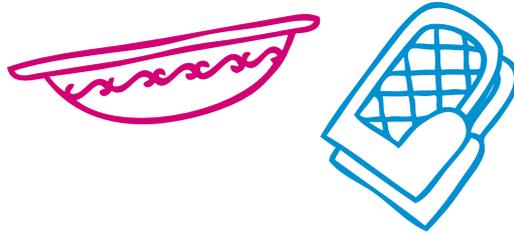


Silicone baking tray



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



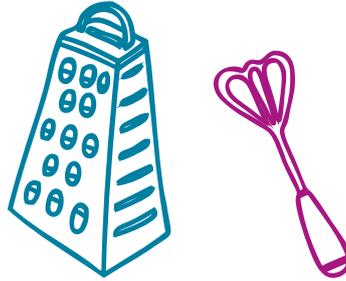
Do not microwave KetoCal as this form of heating can denature some of the vitamins and minerals in the product. Likewise do not boil recipes with KetoCal in them. Always add KetoCal at the end of cooking unless otherwise instructed in the recipe



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

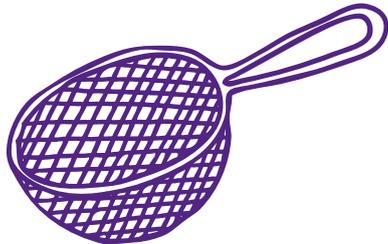


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



Blueberry Smoothie

Serving suggestion

Blueberry Smoothie

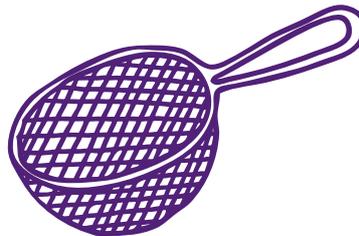


Serving suggestion

	Approx per serving
Fat	29g
Protein	6.3g
Carbohydrate	3.5g
kcal value	300
Ketogenic ratio	3:1

Ingredients:

- 200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
- 32g blueberries
- Hermesetas liquid sweetener
- 4x ice cubes



Method:

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

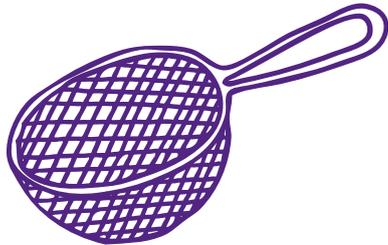


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



Raspberry Smoothie

Serving suggestion

Raspberry Smoothie



	Approx per serving
Fat	29.1g
Protein	6.6g
Carbohydrate	3g
kcal value	300
Ketogenic ratio	3:1

Ingredients:

200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
40g raspberries
Hermesetas liquid sweetener
4x ice cubes

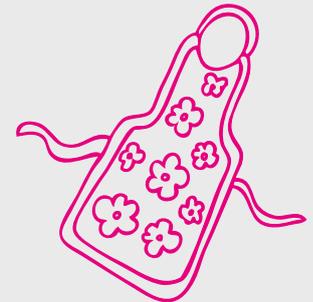
Chef's tip:

Sieve blended smoothie to remove any seeds



Method:

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



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Skill Rating

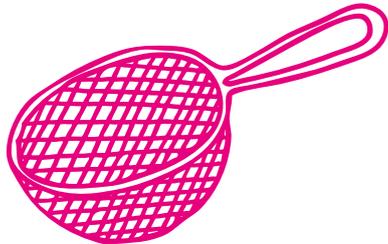


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



Strawberry Smoothie



Serving suggestion

Strawberry Smoothie



	Approx per serving
Fat	29g
Protein	6.3g
Carbohydrate	3.3g
kcal value	300
Ketogenic ratio	3:1

Ingredients:

200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
35g strawberries
Hermesetas liquid sweetener
4x ice cubes

Chef's tip:

Sieve blended smoothie to remove any seeds



Method:

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



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Skill Rating

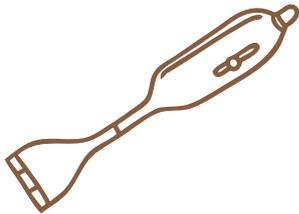


Novice

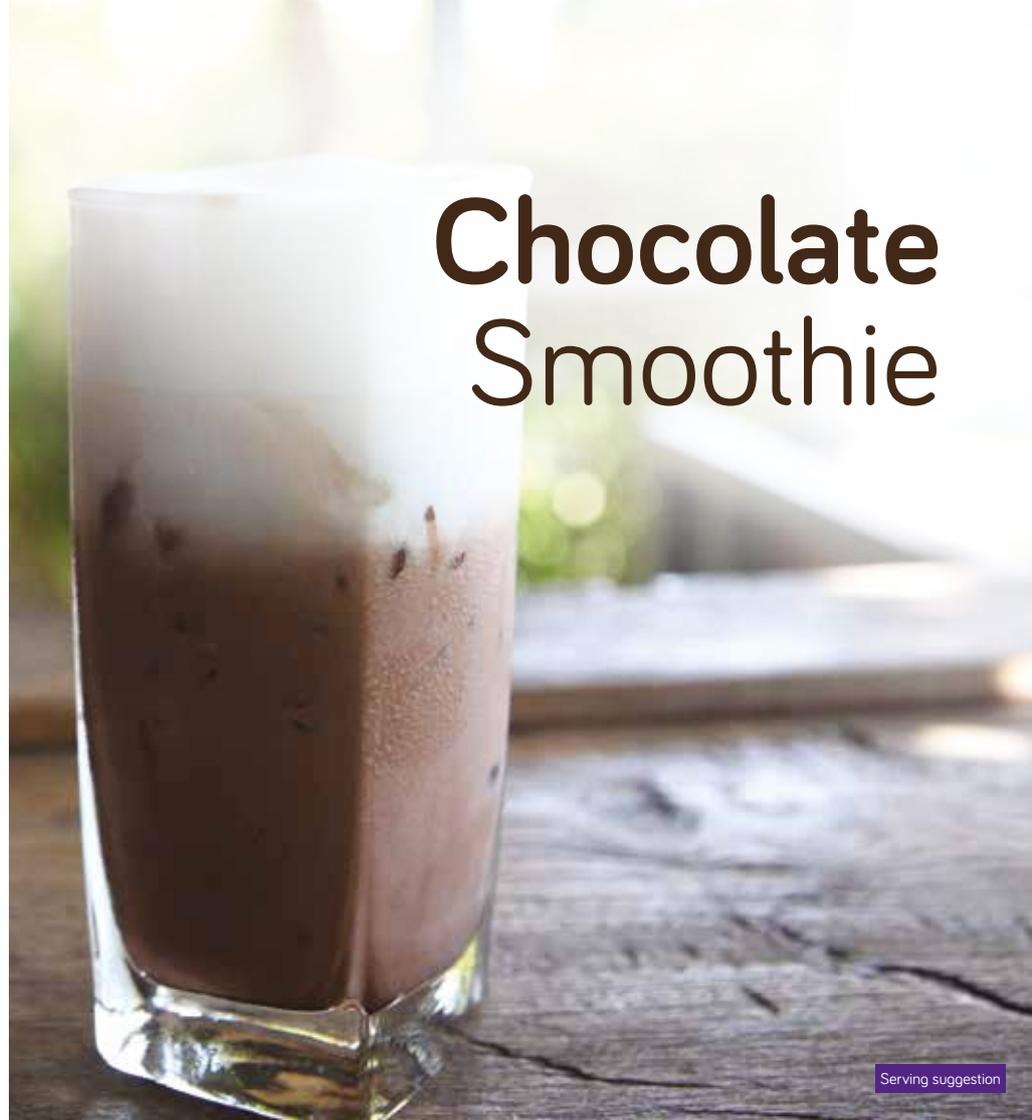
Expert

Recipe serves: 1

Preparation time: 10 mins

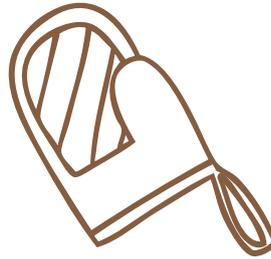


Chocolate Smoothie



Serving suggestion

Chocolate Smoothie



	Approx per serving
Fat	30.5g
Protein	6.8g
Carbohydrate	3.5g
kcal value	315
Ketogenic ratio	3:1

Ingredients:

200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
3g plain chocolate
3g Bournville cocoa powder
Hermesetas liquid sweetener
4x ice cubes

Chef's tip:

Please take care not to use drinking chocolate



Serving suggestion

Method:

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



Skill Rating

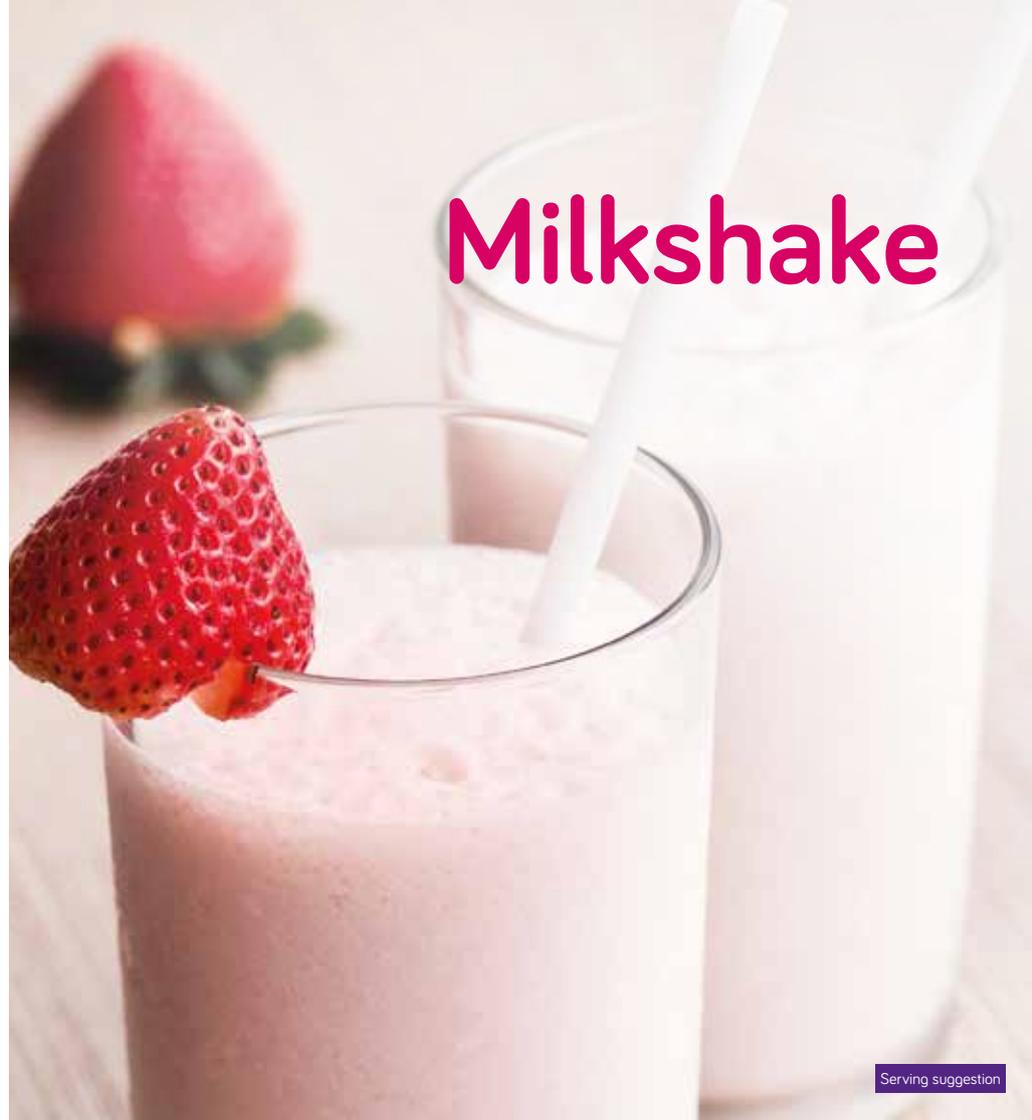


Novice

Expert

Recipe serves: 1

Preparation time: 2 mins



Milkshake

Serving suggestion

Milkshake



Approx per serving	
Fat	29.5g
Protein	7.1g
Carbohydrate	2.7g
kcal value	305
Ketogenic ratio	3:1

Ingredients:

200ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
31g 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.

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Serving suggestion

Skill Rating



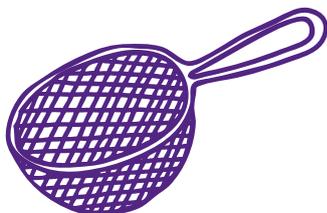
Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 35 mins



Blueberry Muffins

Serving suggestion

Blueberry Muffins



	Approx per serving
Fat	33.2g
Protein	7.3g
Carbohydrate	3.8g
kcal value	343
Ketogenic ratio	3:1

Ingredients:

11g KetoCal 3:1 Powder (Unflavoured)
1g carb free Barkat baking powder
10g ground almonds
13g TRS or East End coconut flour
12g butter
18g beaten egg
11g Original Alpro soya milk
Hermesetas liquid sweetener
10g blueberries

Chef's tip:

Use silicone muffin tray to make it easier to remove the muffins

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. Add KetoCal 3:1, baking powder, ground almonds and coconut flour into a bowl and mix together
3. Mix in butter, egg and Alpro to make a soft mixture
4. Add a squirt of liquid sweetener into the mixture
5. Spoon mixture into the muffin tray and then add the blueberries to the top of the mixture
6. Cook for 30-35 mins or until golden brown
7. Remove from the oven and allow to cool



Skill Rating



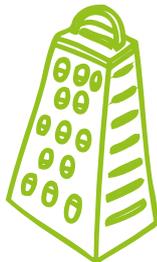
Novice

Expert

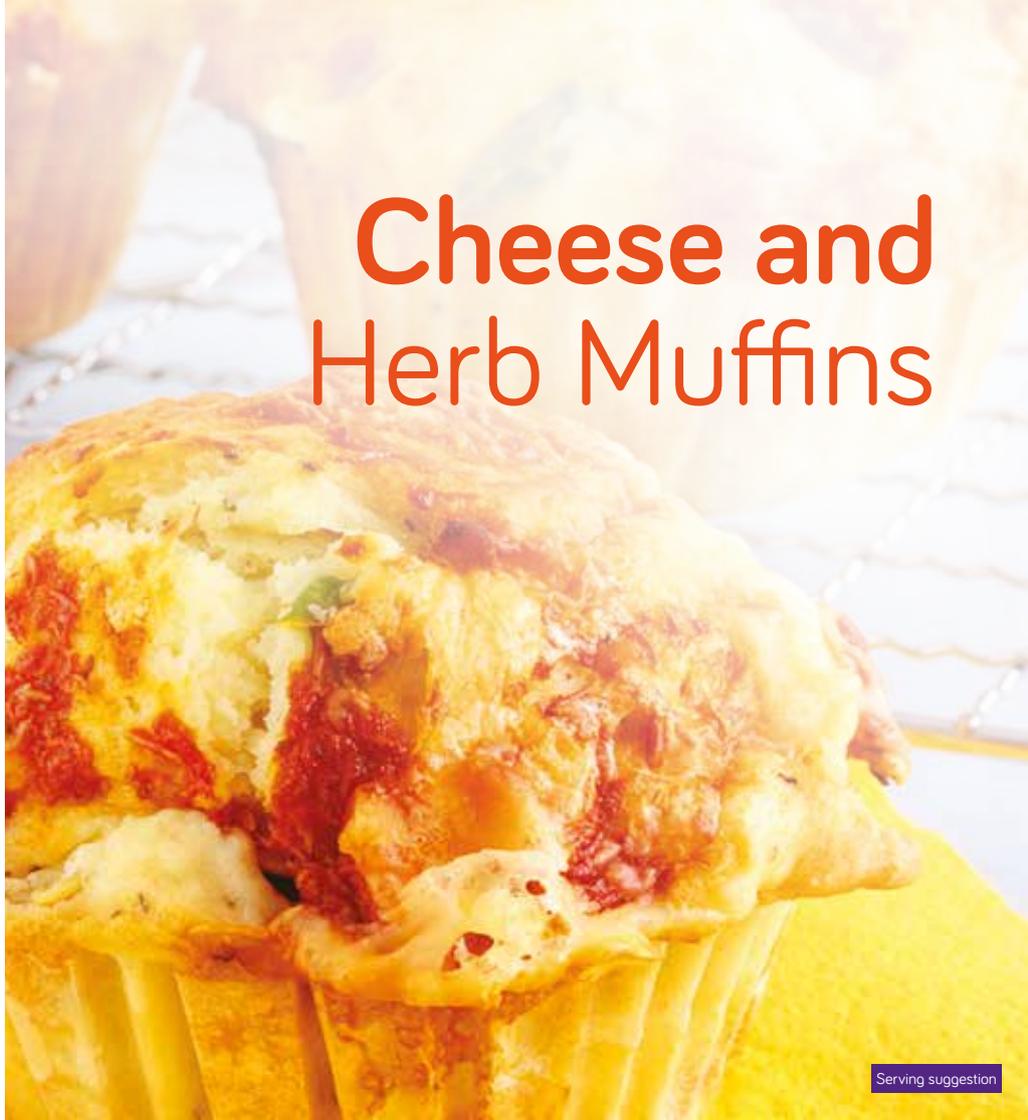
Recipe serves: 4

Preparation time: 15 mins

Cooking time: 20 mins

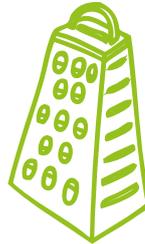


Cheese and Herb Muffins



Serving suggestion

Cheese and Herb Muffins



	Approx per serving
Fat	30g
Protein	8.2g
Carbohydrate	1.6g
kcal value	305
Ketogenic ratio	3:1

Serves **4**

Ingredients:

15g KetoCal 4:1 Powder (Unflavoured)
70g ground almonds
34g butter
38g double cream
50g beaten egg
35g grated cheddar cheese
Herbs (rosemary, chives or parsley)

Chef's tip:

Use a silicone muffin tray to make it easier to remove the muffins
Muffins can be frozen

*Recipe supplied with thanks to the specialist ketogenic dietitian **Mary-Anne Leung**

*Picture supplied by **Mandy Mulford**



Method:

1. Preheat oven to 180°C/gas mark 4
2. Mix together KetoCal 4:1 and ground almonds in a large bowl
3. Melt butter and add the double cream and egg to dry ingredients
4. Fold in cheese and herbs
5. If mixture is thick, add small amount of water until it falls easily off a spoon
6. Weigh mixture and divide into 4 portions
7. Spoon mixture into muffin tray
8. Cook for 20 mins or until golden brown

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Serving suggestion

Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

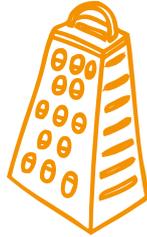
Cooking time: 35 mins



Savoury Muffins

Serving suggestion

Savoury Muffins



	Approx per serving
Fat	31.8g
Protein	7.8g
Carbohydrate	2.8g
kcal value	328
Ketogenic ratio	3:1

Ingredients:

10g KetoCal 3:1 Powder (Unflavoured)
12g TRS or East End coconut flour
9g ground almonds
1g carb free Barkat baking powder
12g butter
8g beaten egg
5g Original Alpro soya milk
2g grated cheddar cheese
3g finely chopped spring onions
5g bacon rashers (crispy grilled)

Chef's tip:

Use silicone muffin tray to make the 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. Place KetoCal 3:1 powder, 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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Serving suggestion

Skill Rating



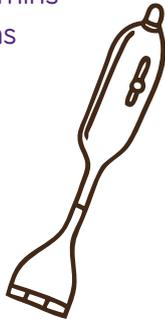
Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 35 mins



Chocolate Muffins



Serving suggestion

Chocolate Muffins



	Approx per serving
Fat	32.5g
Protein	7.5g
Carbohydrate	3.3g
kcal value	336
Ketogenic ratio	3:1

Ingredients:

10g KetoCal 3:1 Powder (Unflavoured)
10g ground almond flour
1g carb free Barkat baking powder
15g TRS or East End coconut flour
2g Bournville cocoa powder
10g butter
10g Original Alpro soya milk
18g beaten egg
Hermesetas liquid sweetener
4g water

Chef's tip:

Please take care not to use drinking chocolate

Use a silicone muffin tray to make it easier to remove the muffins

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 KetoCal 3:1 powder, almond flour, baking powder, coconut flour and cocoa powder in a bowl
3. Combine melted butter, soya milk and egg, mix thoroughly until mixture falls easily from spoon (add small amounts of water if necessary)
4. Add a squirt of sweetener
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



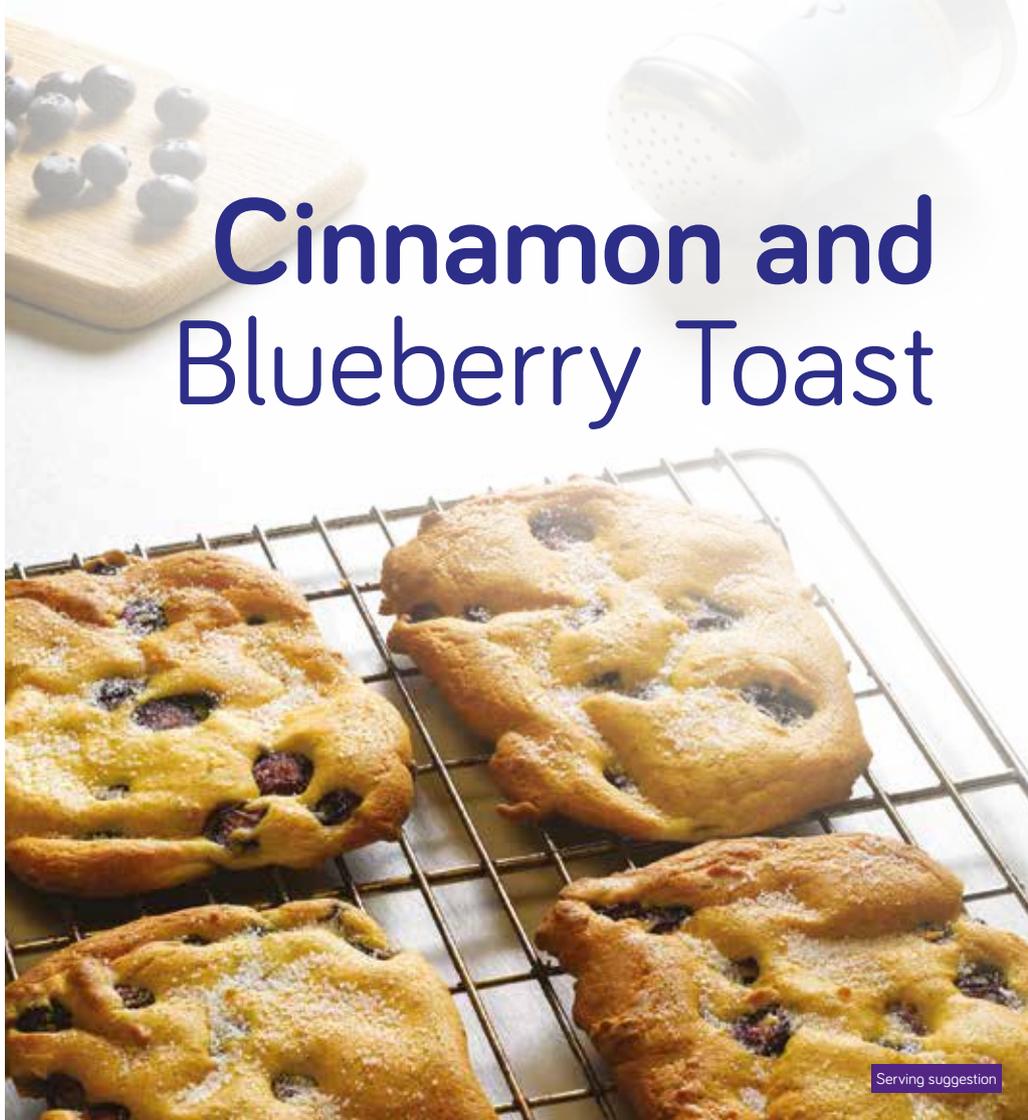
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 10 mins



Cinnamon and Blueberry Toast

Serving suggestion

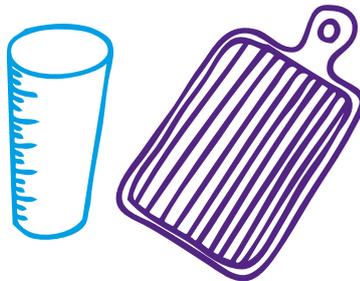
Cinnamon and Blueberry Toast



	Approx per serving
Fat	32.6g
Protein	6.8g
Carbohydrate	4g
kcal value	337
Ketogenic ratio	3:1

Ingredients:

30g KetoCal 3:1 Powder (Unflavoured)
8g double cream
2g carb free Barkat baking powder
15g beaten egg
Hermesetas liquid sweetener
5g water
7g butter
23g blueberries
Pinch of cinnamon



Method:

1. Preheat oven to 170°C/gas mark 3
2. Mix KetoCal 3:1 with cream, baking powder, egg, liquid sweetener and water in a bowl
3. Melt butter and add to mixture
4. Chop blueberries into small pieces, and add to mixture with a pinch of cinnamon
5. Place mixture on sheet of baking paper
6. Spread out thinly in 6" square
7. Cook 8 mins or until golden brown

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Skill Rating



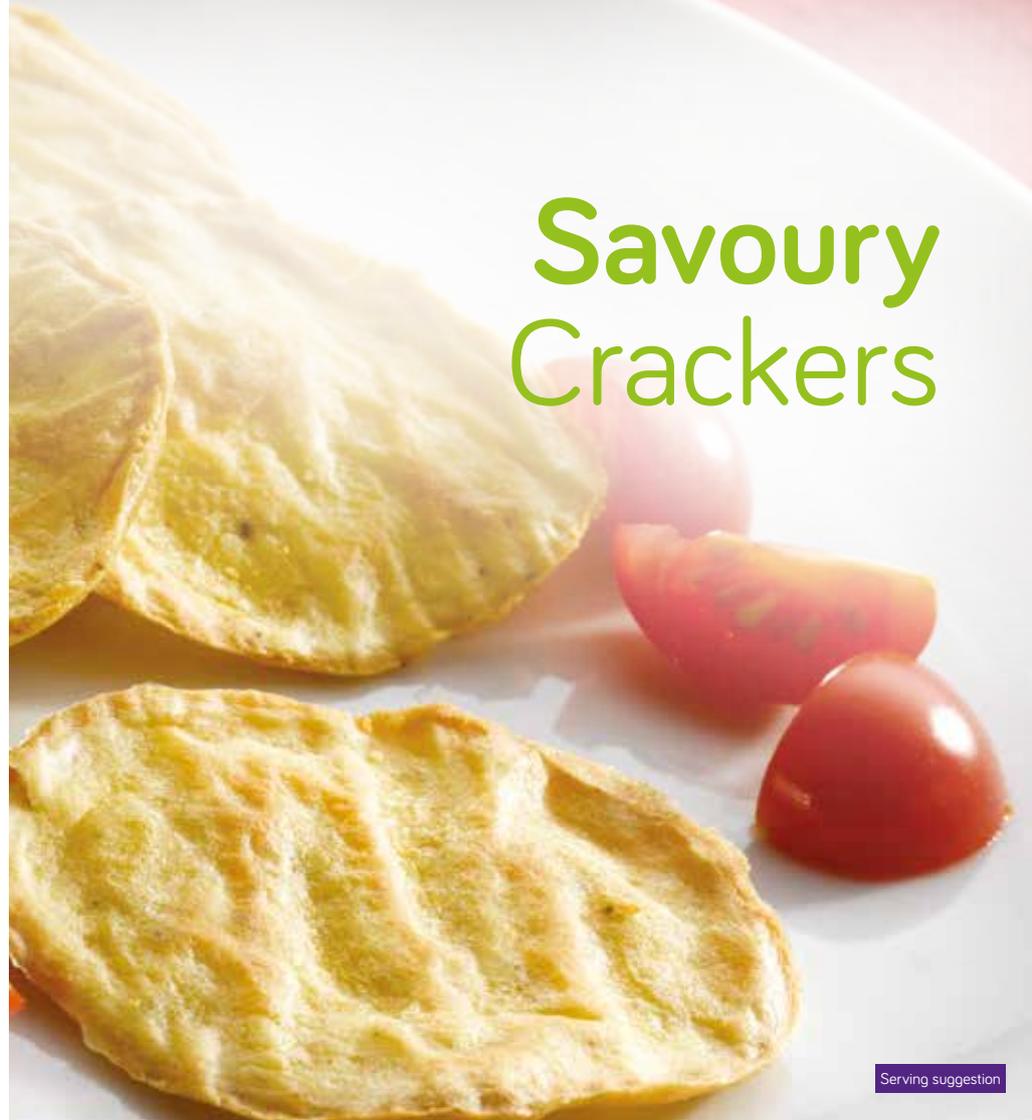
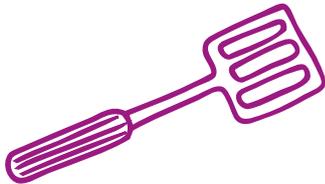
Novice

Expert

Recipe serves: 4

Preparation time: 10 mins

Cooking time: 15 mins



Savoury Crackers

Serving suggestion

Savoury Crackers



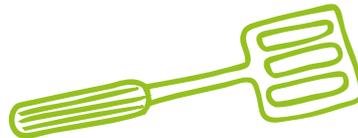
	Approx per serving
Fat	3.6g
Protein	1g
Carbohydrate	0.3g
kcal value	38
Ketogenic ratio	3:1

Ingredients:

14g KetoCal 3:1 Powder
5g water
4g olive oil
10g beaten egg white
3g grated cheddar cheese

Chef's tip:

Why not add dried herbs to mixture to alter flavour



Method:

1. Preheat oven to 190°C/gas mark 5
2. Mix KetoCal 3:1 with water and oil to form a batter
3. Whisk egg whites into batter mix
4. Divide into 4 and place on baking parchment
5. Use spatula to shape each into a 2" circle and sprinkle cheese on top
6. Cook on one side for 10 mins or until golden brown, turn over and cook for a further 5 mins until crisp
7. Once cooked, remove and place on a wire tray before eating

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Skill Rating



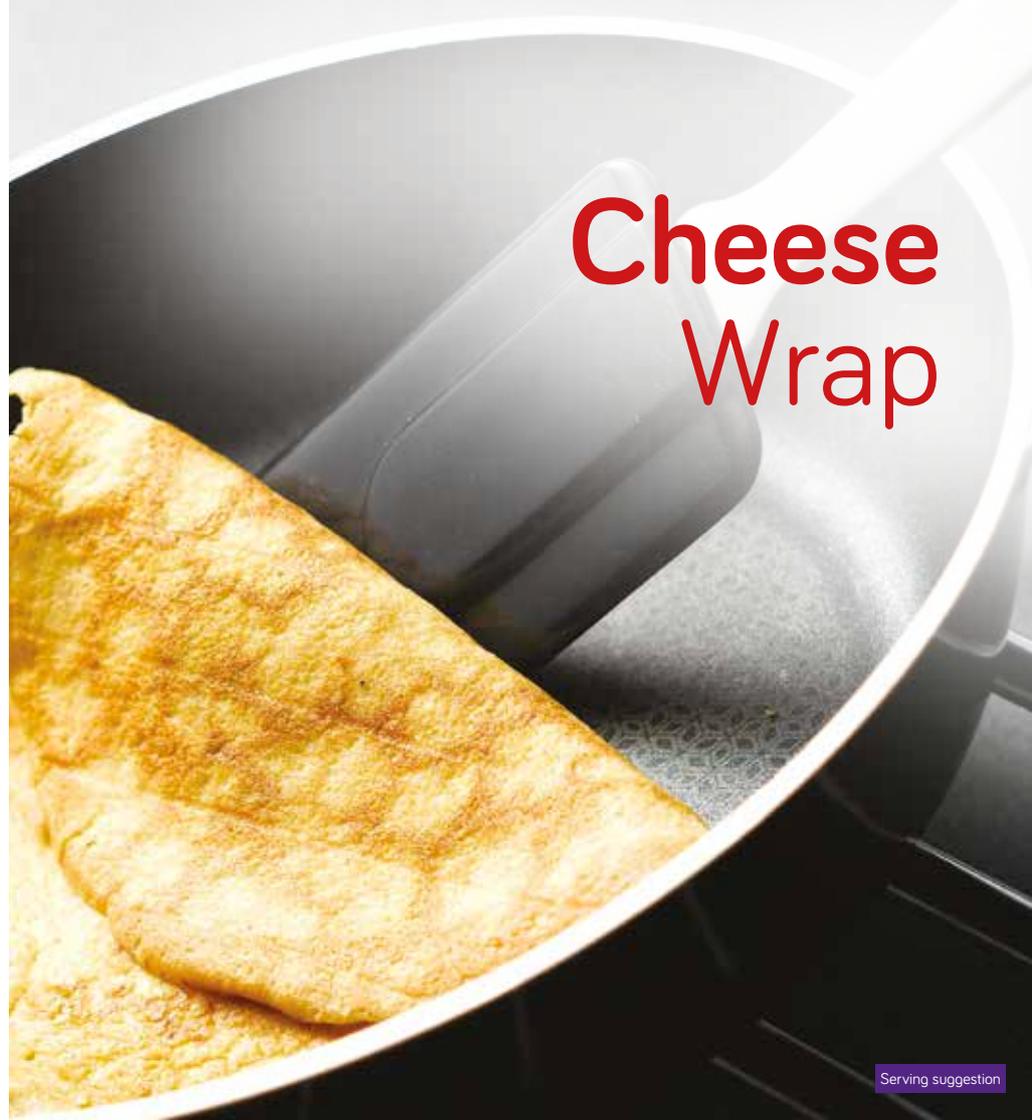
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

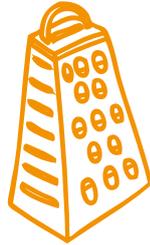
Cooking time: 10 mins



Cheese Wrap

Serving suggestion

Cheese Wrap



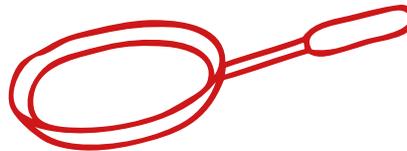
	Approx per serving
Fat	22.5g
Protein	5.9g
Carbohydrate	1.7g
kcal value	233
Ketogenic ratio	3:1

Ingredients:

20g KetoCal 3:1 Powder (Unflavoured)
6g double cream
1g Gia sundried tomato puree
1g Gia garlic puree
15g beaten egg
2g fresh parmesan
3g butter
4g water

Chef's tip:

Alternatively instead of cooking wraps in 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 cream, tomato and garlic puree, egg and cheese in a bowl
3. Melt butter and add to mixture
4. Add water and mix to a smooth paste
5. Spread mixture on a baking tray and cook for 10 mins or until golden brown
6. Allow to cool on a wire tray before eating

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Skill Rating



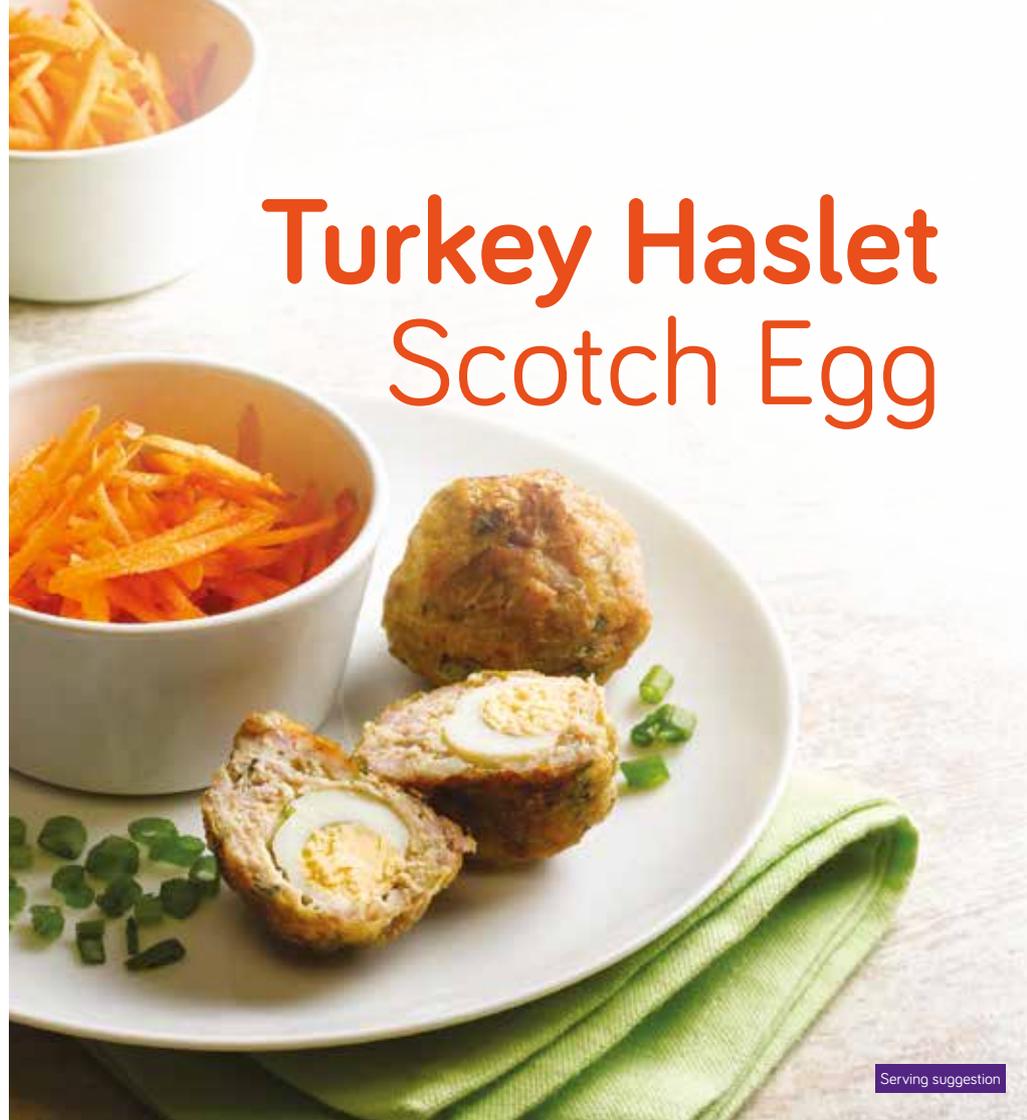
Novice

Expert

Recipe serves: 1

Preparation time: 15 mins

Cooking time: 10 mins



Turkey Haslet Scotch Egg

Turkey Haslet Scotch Egg



	Approx per serving
Fat	54.1g
Protein	16.4g
Carbohydrate	1.9g
kcal value	560
Ketogenic ratio	3:1

Ingredients:

30g KetoCal 4:1 Powder (Unflavoured)
2g spring onion
15g mushrooms
10g bacon rasher
20g minced turkey
27g olive oil
10g beaten egg
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 4:1 powder
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

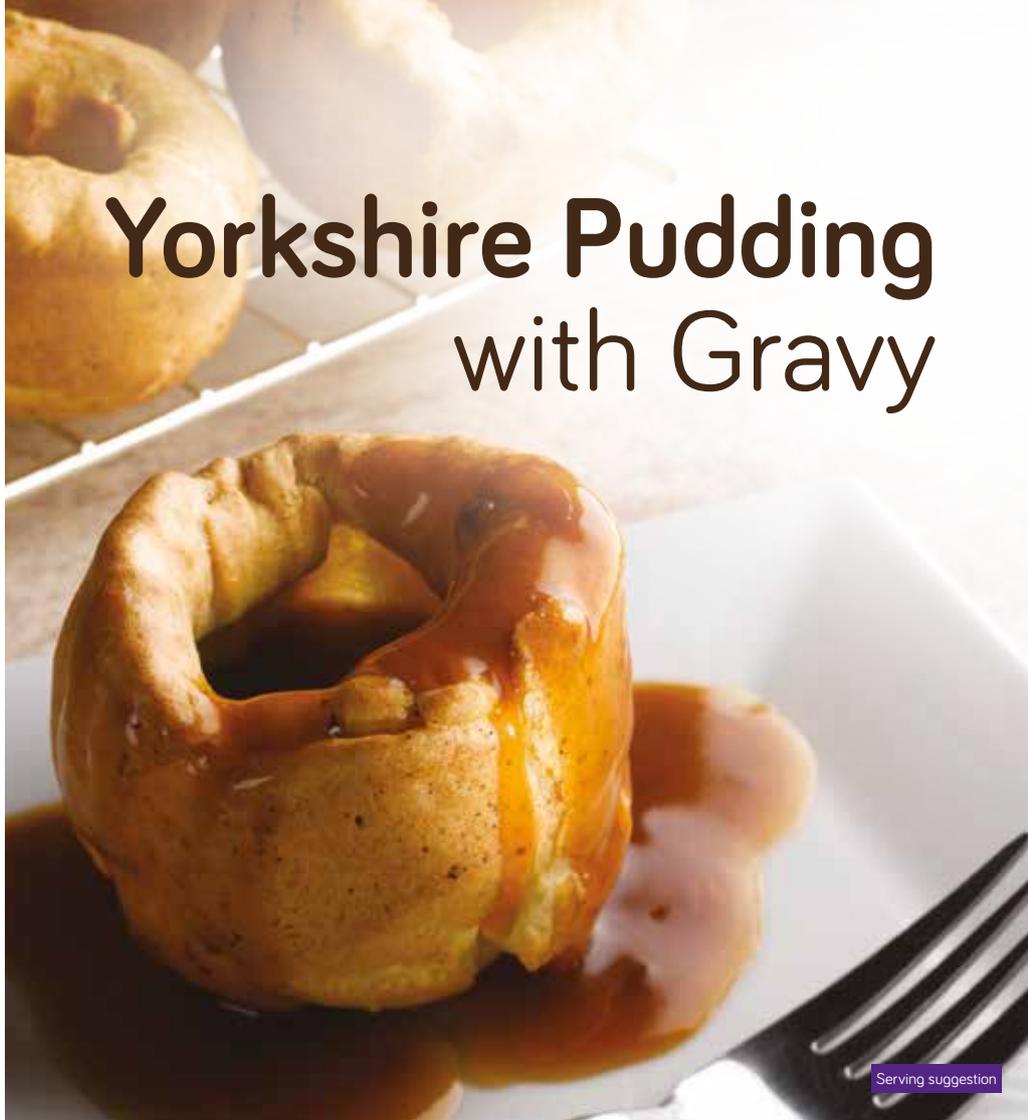
Recipe serves: 4

Preparation time: 15 mins

Cooking time: 15 mins



Yorkshire Pudding with Gravy



Serving suggestion

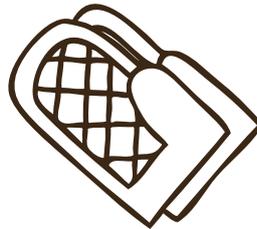
Yorkshire Pudding with Gravy



	Approx per serving
Fat	10.9g
Protein	1.6g
Carbohydrate	2.1g
kcal value	113
Ketogenic ratio	3:1

Ingredients:

22g KetoCal 4:1 Powder (Unflavoured)
18g beaten egg
2g plain white wheat flour
2g carb free Barkat baking powder
13g Calogen
10g water
15g olive oil
15g instant gravy granules



Serves **4**

Recipe developed by the Addenbrooke's specialist Ketogenic team



Method:

1. Preheat oven to 200°C/gas mark 6
2. Add KetoCal 4:1 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

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

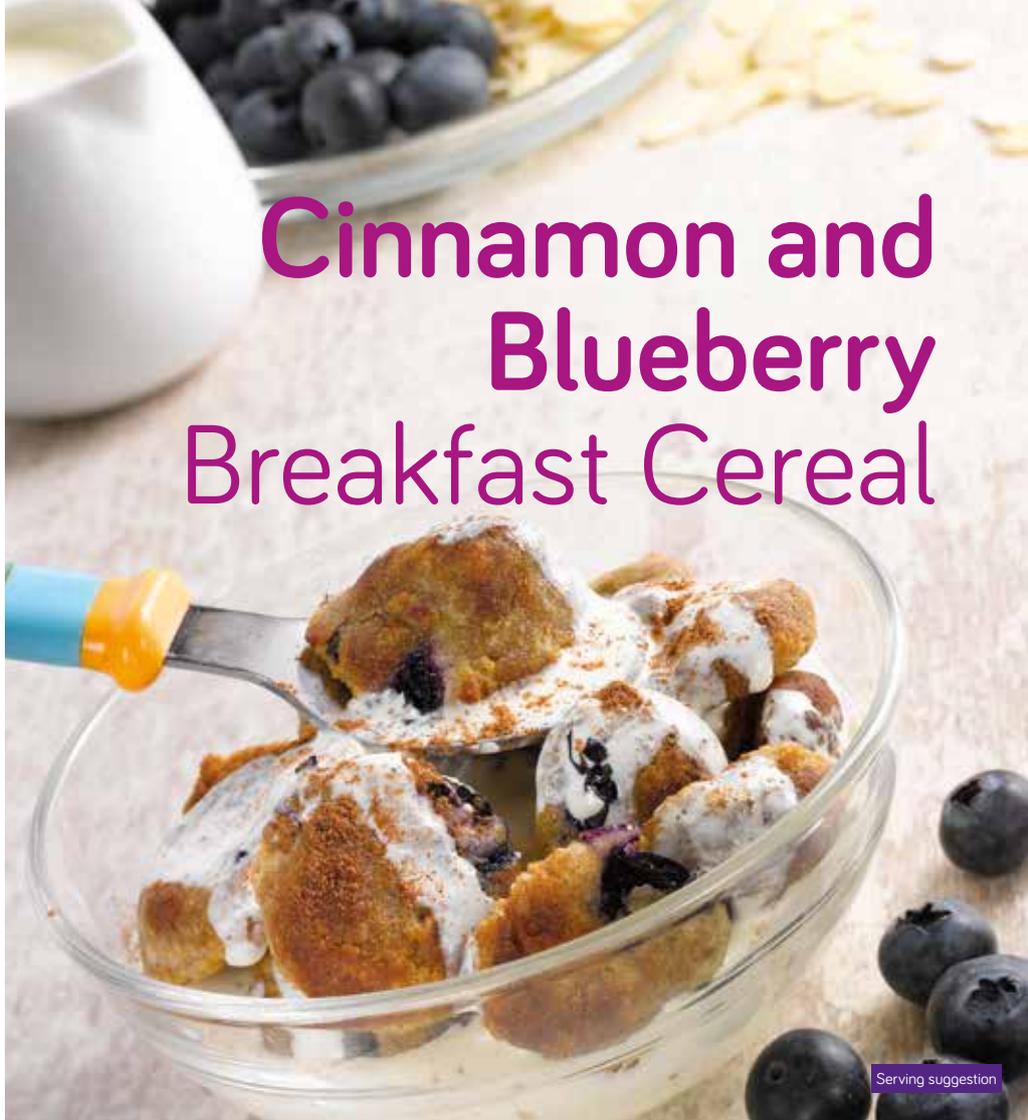
Expert

Recipe serves: 5

Preparation time: 25 mins



Cinnamon and Blueberry Breakfast Cereal



Serving suggestion

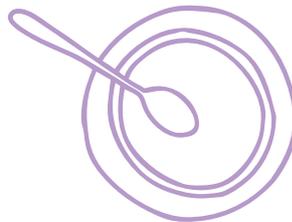
Cinnamon and Blueberry Breakfast Cereal



	Approx per serving (1 serving = 1 ball)
Fat	11.3g
Protein	2.4g
Carbohydrate	1.3
kcal value	117
Ketogenic ratio	3:1

Ingredients:

50g KetoCal 3:1 Powder
14g butter
20g ground almonds
18g blueberries
2g ground cinnamon
10g water



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Method:

1. Preheat oven to 160°C/gas mark 3
2. In a bowl, mix all ingredients (except water) together until a crumbly texture is formed
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.



Cheese and Tomato Pizza

Skill Rating



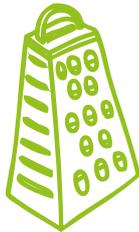
Novice

Expert

Recipe serves: 1

Preparation time: 15 mins

Cooking time: 15 mins



Serving suggestion

Cheese and Tomato Pizza



	Approx per serving
Fat	26.8g
Protein	6.8g
Carbohydrate	2.1g
kcal value	277
Ketogenic ratio	3:1

Ingredients:

19g KetoCal 3:1 Powder (Unflavoured)
8g olive oil
14g beaten egg
10g water
7g grated cheddar cheese
3g Gia garlic puree
3g Gia sundried tomato puree
21g canned chopped tomatoes
Dried mixed 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. Mix remaining ingredients in a bowl to make pizza topping
5. Spread mixture on top of base evenly, leaving 1cm around edge with no topping
6. Sprinkle with mixed herbs
7. Cook for 15 mins or until golden

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Skill Rating



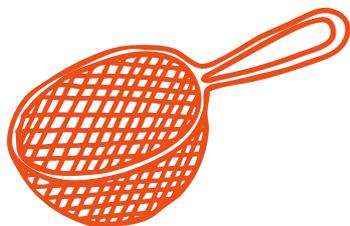
Novice

Expert

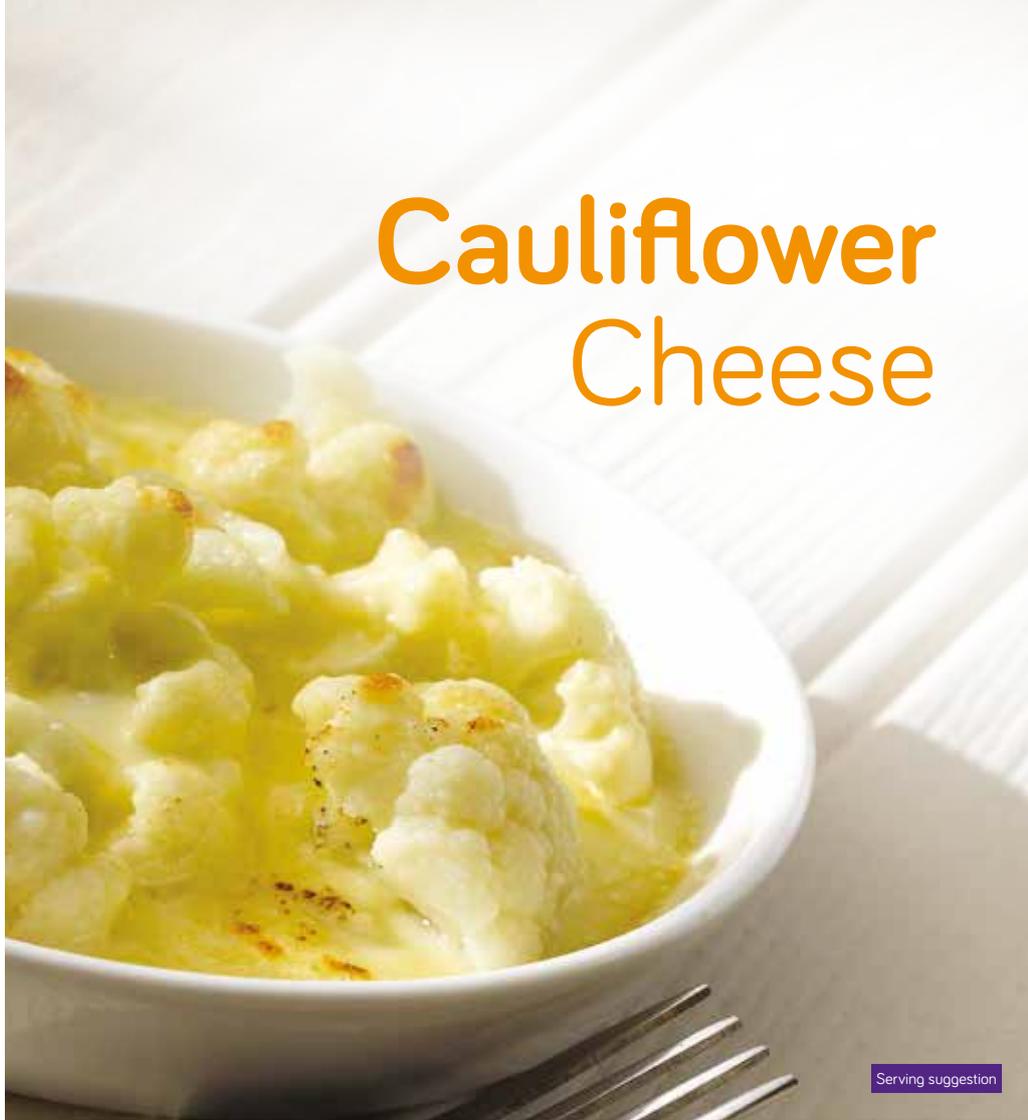
Recipe serves: 1

Preparation time: 10 mins

Cooking time: 5 mins



Cauliflower Cheese



Serving suggestion

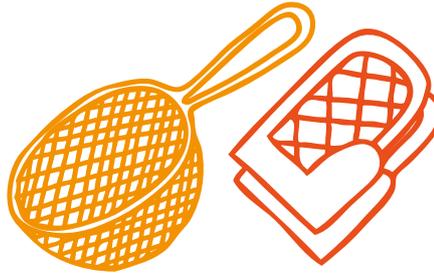
Cauliflower Cheese



	Approx per serving
Fat	20.5g
Protein	5g
Carbohydrate	1.9g
kcal value	212
Ketogenic ratio	3:1

Ingredients:

10g KetoCal 3:1 Powder (Unflavoured)
42g cauliflower
4g olive oil
11g double cream
8g grated cheddar cheese
15g water



Method:

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

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Skill Rating



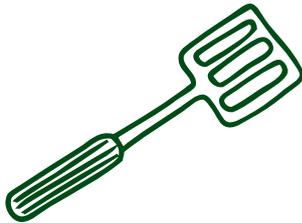
Novice

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
Fat	22g
Protein	4g
Carbohydrate	3.4g
kcal value	228
Ketogenic ratio	3:1

Ingredients:

15g KetoCal 3:1 Powder (Unflavoured)
11g olive oil
20g mushrooms
12g green pepper
5g spring onion
1g Gia tomato puree
1g Gia garlic puree
33g chopped tinned tomatoes
1g curry powder
20g raw spinach
5g water

Chef's tip:

To batch bake, multiply ingredients by how many servings you wish to make and divide mixture into equal amounts. This can then be frozen and reheated

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Method:

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



Skill Rating



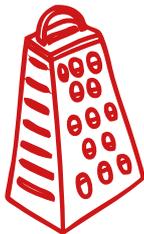
Novice

Expert

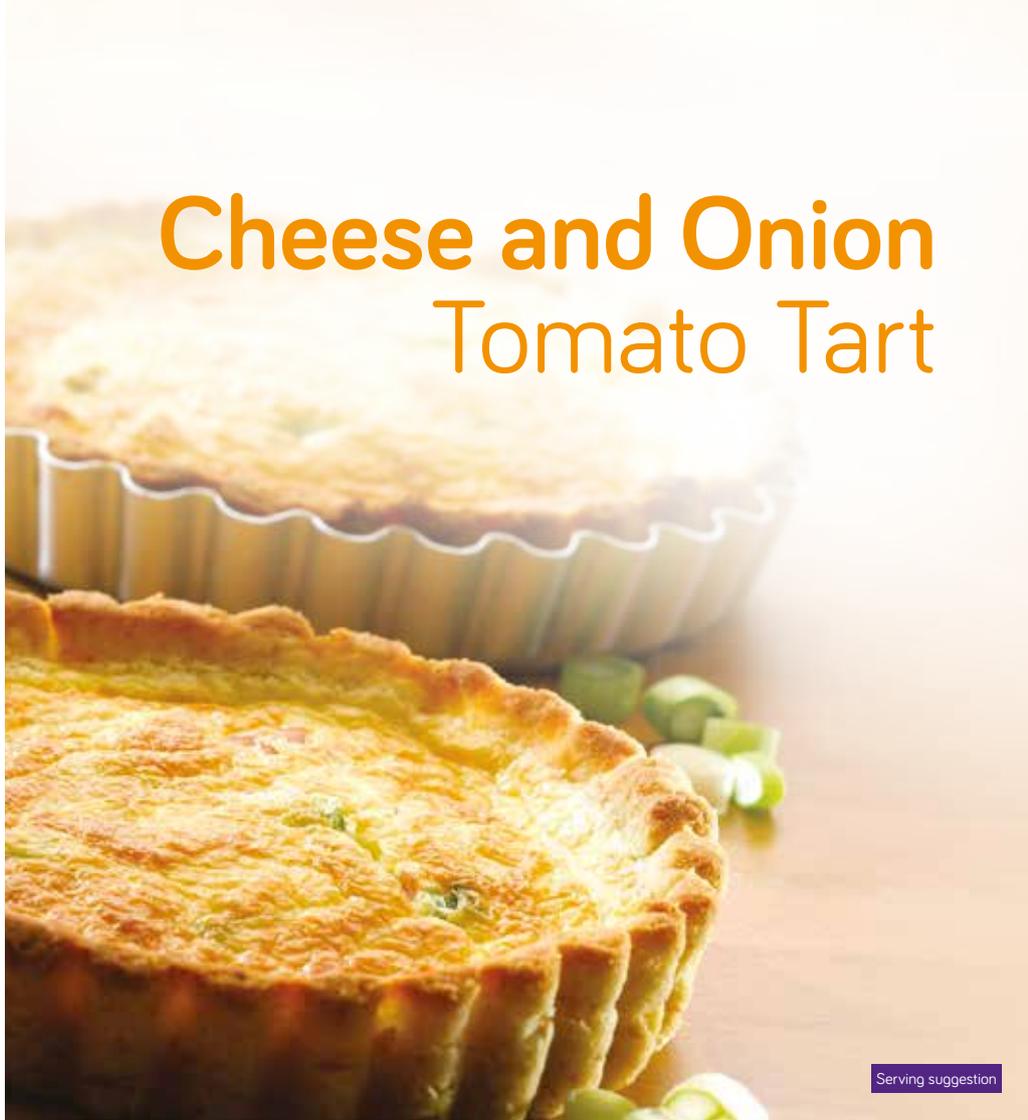
Recipe serves: 1

Preparation time: 10 mins

Cooking time: 12 mins



Cheese and Onion Tomato Tart



Serving suggestion

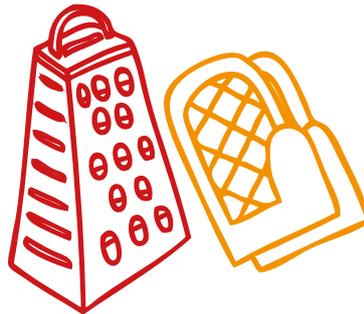
Cheese and Onion Tomato Tart



	Approx per serving
Fat	29.4g
Protein	7.6g
Carbohydrate	2.3g
kcal value	304
Ketogenic ratio	3:1

Ingredients:

15g KetoCal 3:1 Powder (Unflavoured)
13g TRS or East End coconut flour
5g butter
5g water
5g chopped tomato
5g chopped spring onion
6g full fat cream cheese
25g beaten egg
4g grated cheddar cheese



Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place coconut flour, KetoCal 3:1 and butter in a bowl, 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. Mix tomato, spring onion, cream cheese, egg and 2g grated cheese together and fill tartlet tin
6. Sprinkle remaining cheese on top
7. Cook for 10-12 mins

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Skill Rating



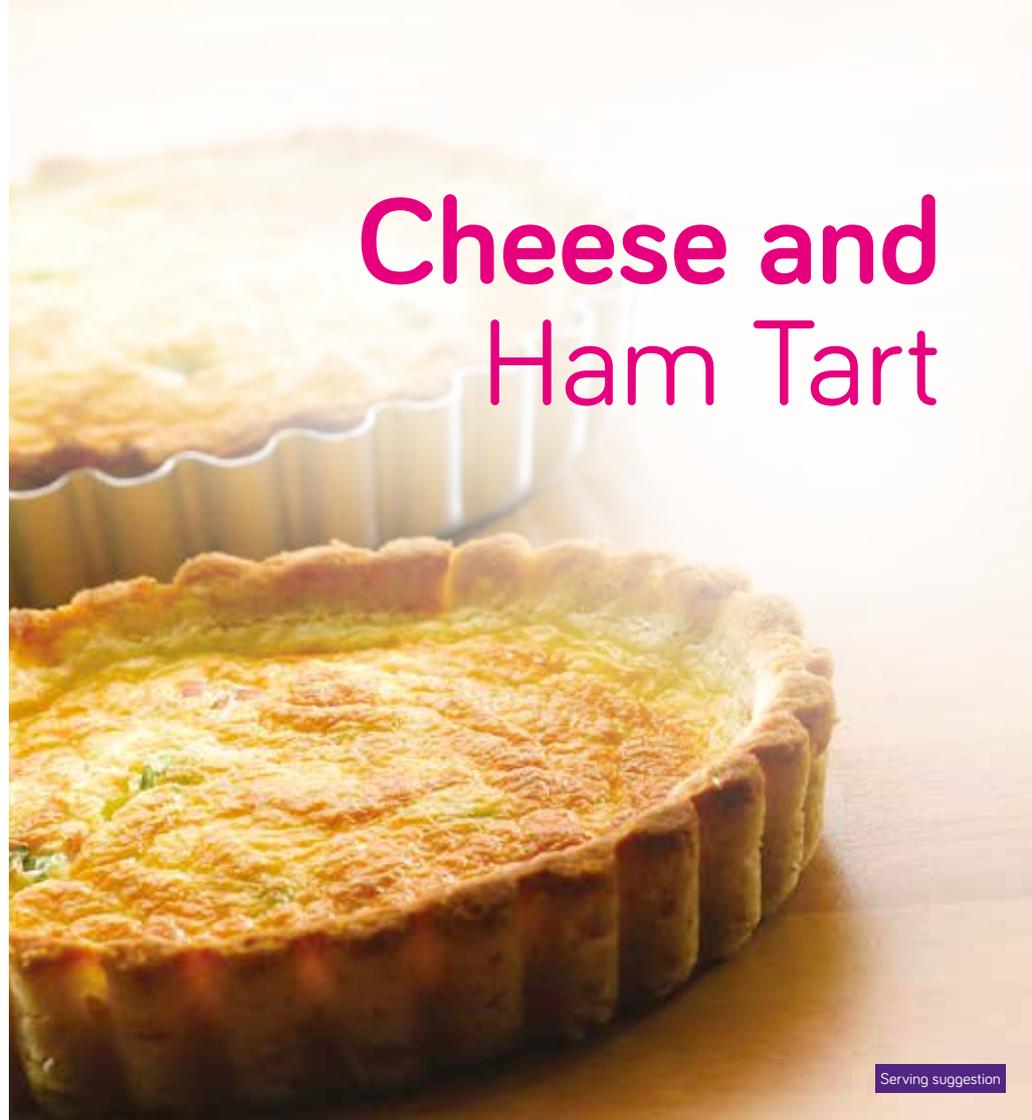
Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 12 mins



Cheese and Ham Tart

Serving suggestion

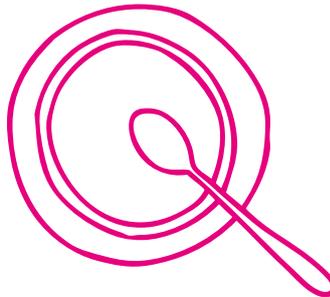
Cheese and Ham Tart



	Approx per serving
Fat	28g
Protein	7.4g
Carbohydrate	2g
kcal value	289
Ketogenic ratio	3:1

Ingredients:

15g KetoCal 3:1 Powder (Unflavoured)
13g TRS or East End coconut flour
5g butter
5g water
4g full fat cream cheese
3g chopped ham
4g chopped mushroom
20g beaten egg
4g grated cheddar cheese



Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place coconut flour and KetoCal 3:1 in a bowl, 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. Mix cream cheese, ham, mushroom, egg and 2g cheddar cheese together and fill tartlet tin
6. Sprinkle remaining cheese on top
7. Cook for 10-12 mins

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Skill Rating

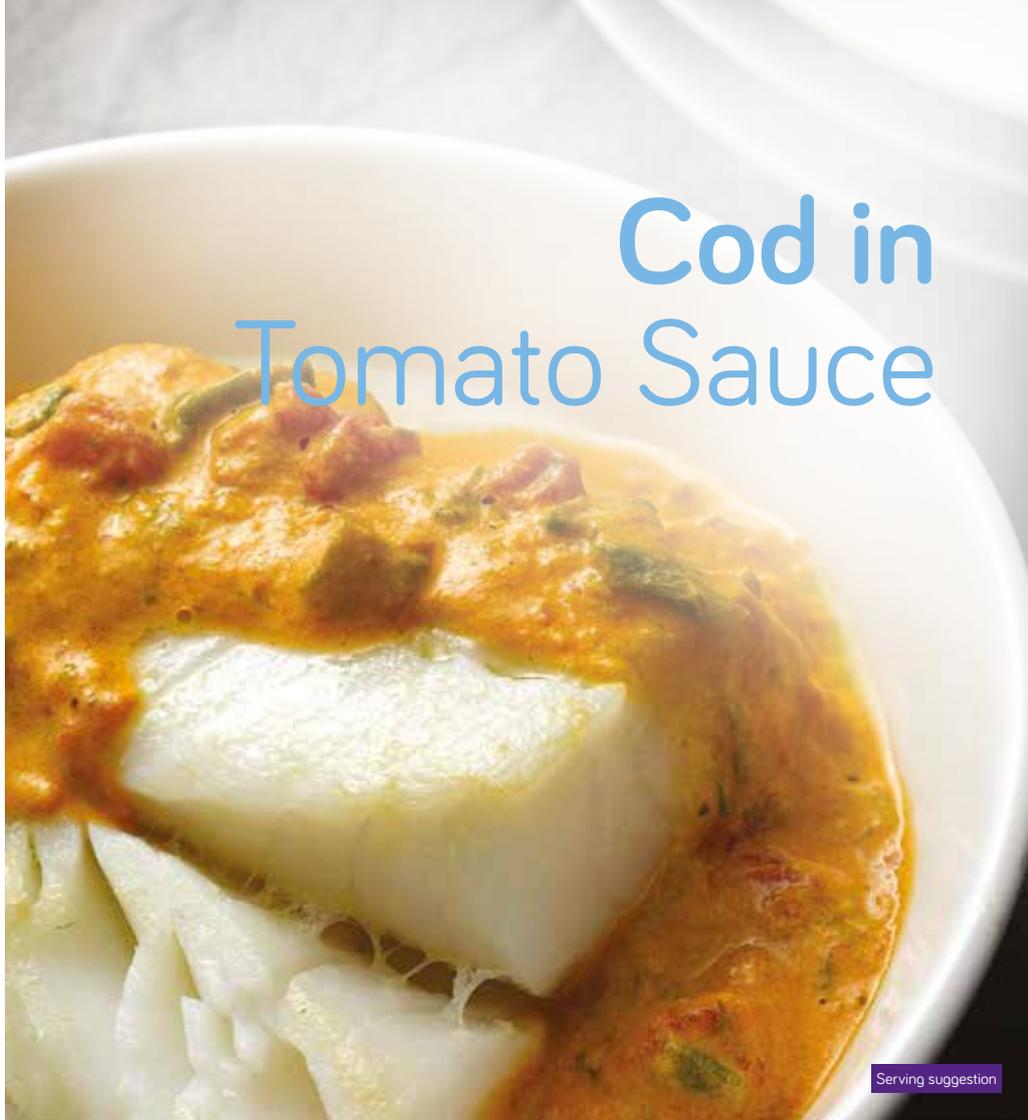
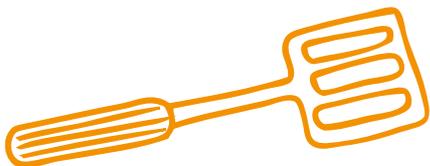


Novice

Expert

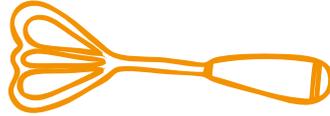
Recipe serves: 1

Preparation time: 20 mins



Cod in Tomato Sauce

Cod in Tomato Sauce



	Approx per serving
Fat	23.7g
Protein	6.5g
Carbohydrate	1.4g
kcal value	244
Ketogenic ratio	3:1

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)
14g olive oil
4g Gia garlic puree
7g chopped spring onion
3g Gia tomato puree
25g tinned chopped tomatoes
21g cod
Pinch of oregano (optional)

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Method:

1. Place 9g 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, if required
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

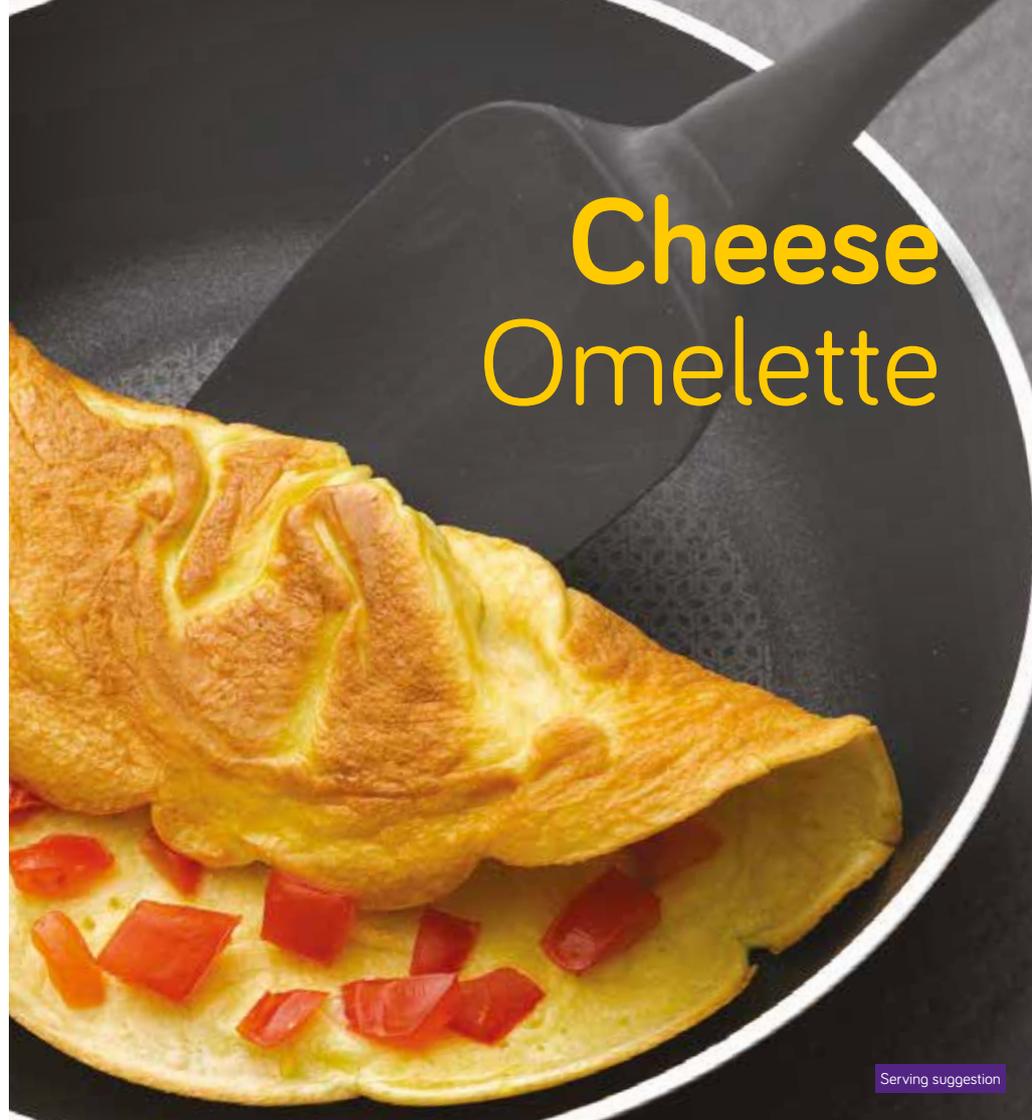
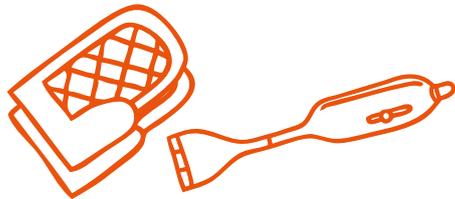


Novice

Expert

Recipe serves: 1

Preparation time: 15 mins



Cheese Omelette

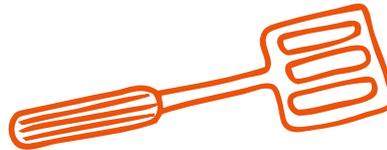
Cheese Omelette



Approx per serving	
Fat	21.1g
Protein	6.8g
Carbohydrate	0.3g
kcal value	218
Ketogenic ratio	3:1

Ingredients:

- 10g KetoCal 4:1 powder (Unflavoured)
- 23g egg white
- 9g egg yolk
- 9g olive oil
- 7g cheddar cheese



Method:

1. Beat together egg white, egg yolk, KetoCal 4:1 and 4g olive oil
2. Heat remaining 5g 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 place under grill to cook top
5. Fold omelette in half and serve

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Cheese and Mushroom Scrambled Eggs

Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



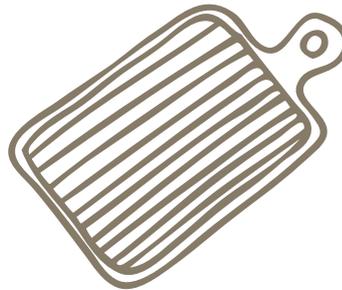
Cheese and Mushroom Scrambled Eggs



	Approx per serving
Fat	18.3g
Protein	5.8g
Carbohydrate	0.3g
kcal value	189
Ketogenic ratio	3:1

Ingredients:

- 10g KetoCal 4:1 powder (Unflavoured)
- 23g egg white
- 9g egg yolk
- 8g 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



Minced Beef in Tomato Sauce



	Approx per serving
Fat	25.1g
Protein	6.9g
Carbohydrate	1.4g
kcal value	259
Ketogenic ratio	3:1

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)
12g olive oil
25g minced beef
3g Gia garlic puree
10g chopped spring onion
3g Gia tomato puree
23g tinned chopped tomatoes
Pinch of oregano (optional)



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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, if required
3. Stir KetoCal 4:1 into sauce until dissolved (do not boil) and serve immediately



Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 35 mins



Serving suggestion

Chicken Curry



	Approx per serving
Fat	26.5g
Protein	6.8g
Carbohydrate	2.1g
kcal value	274
Ketogenic ratio	3:1

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)	3g Gia garlic puree
17g olive oil	20g tinned chopped tomatoes
18g diced raw chicken	2g curry powder
14g chopped mushroom	10g water
10g chopped green pepper	
8g 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

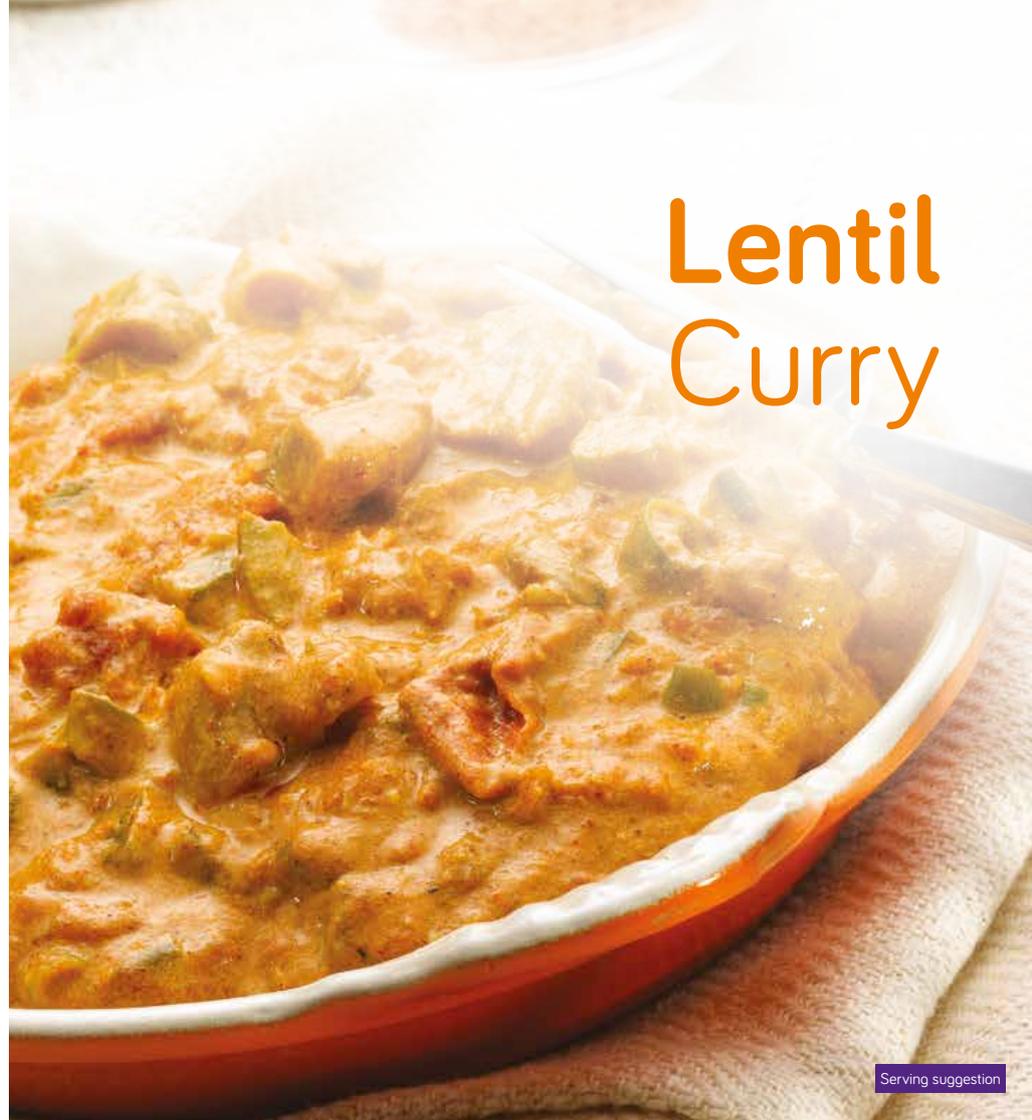
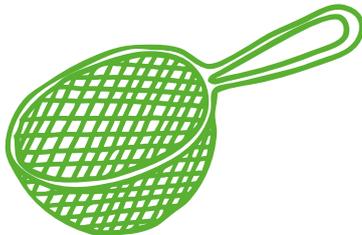


Novice

Expert

Recipe serves: 1

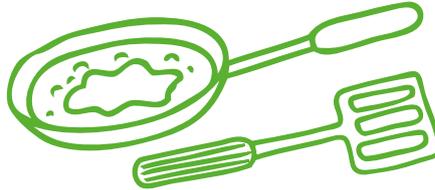
Preparation time: 35 mins



Lentil Curry

Serving suggestion

Lentil Curry



	Approx per serving
Fat	22.3g
Protein	3.4g
Carbohydrate	4g
kcal value	231
Ketogenic ratio	3:1

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)	3g Gia garlic puree
13g olive oil	19g canned chopped tomatoes
14g chopped mushroom	12g boiled red lentils
10g chopped green pepper	10g water
7g chopped spring onion	
3g Gia tomato puree	
2g curry powder	

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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



Skill Rating

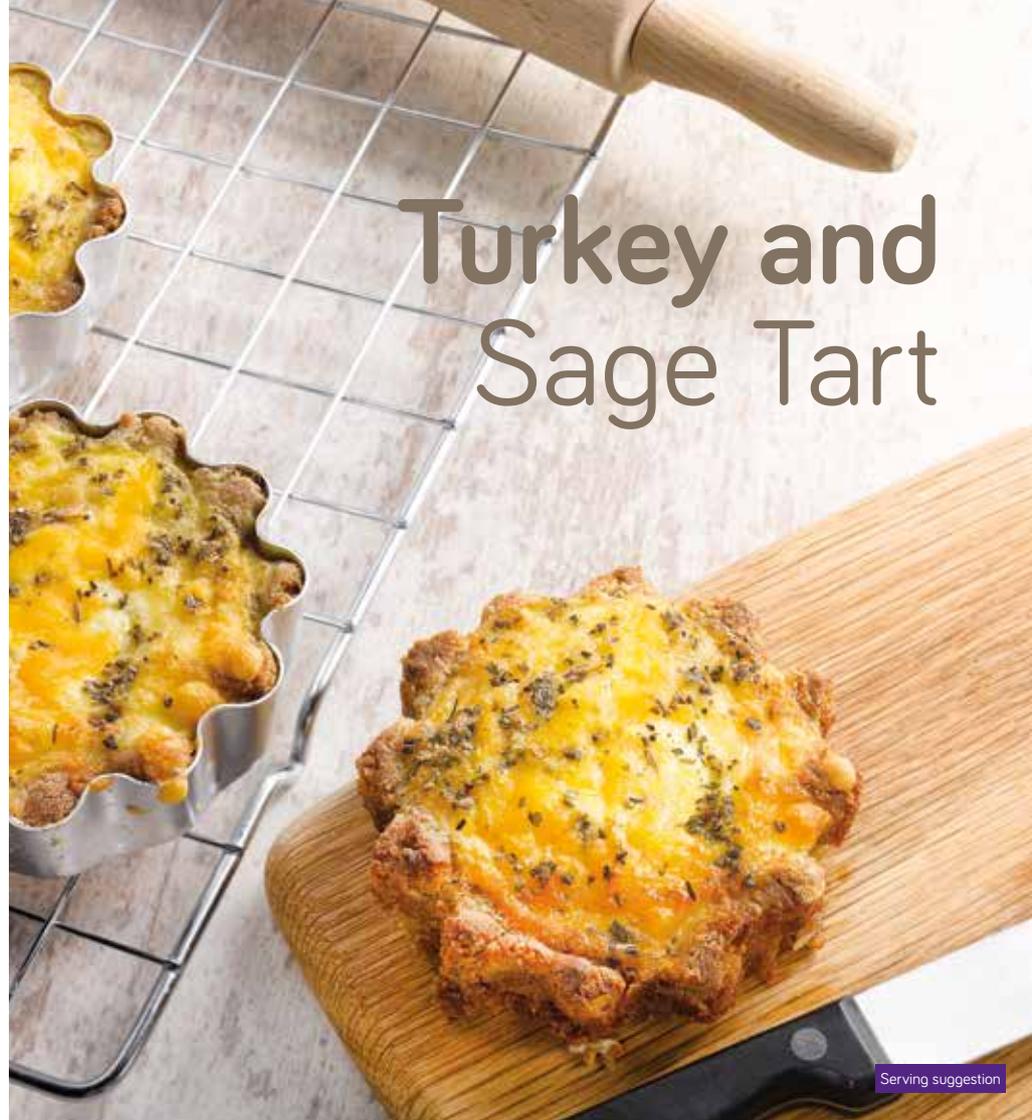


Novice

Expert

Recipe serves: 1

Preparation time: 30 mins



Turkey and Sage Tart

Turkey and Sage Tart



	Approx per serving
Fat	38.4g
Protein	9.9g
Carbohydrate	2.8g
kcal value	396
Ketogenic ratio	3:1

Ingredients:

17g KetoCal 3:1 powder	15g beaten egg
7g butter	4g olive oil
3g grated cheddar cheese	2g sage and onion stuffing
14g East End coconut flour	10g roasted turkey light meat
11g cream cheese	5g water



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

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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



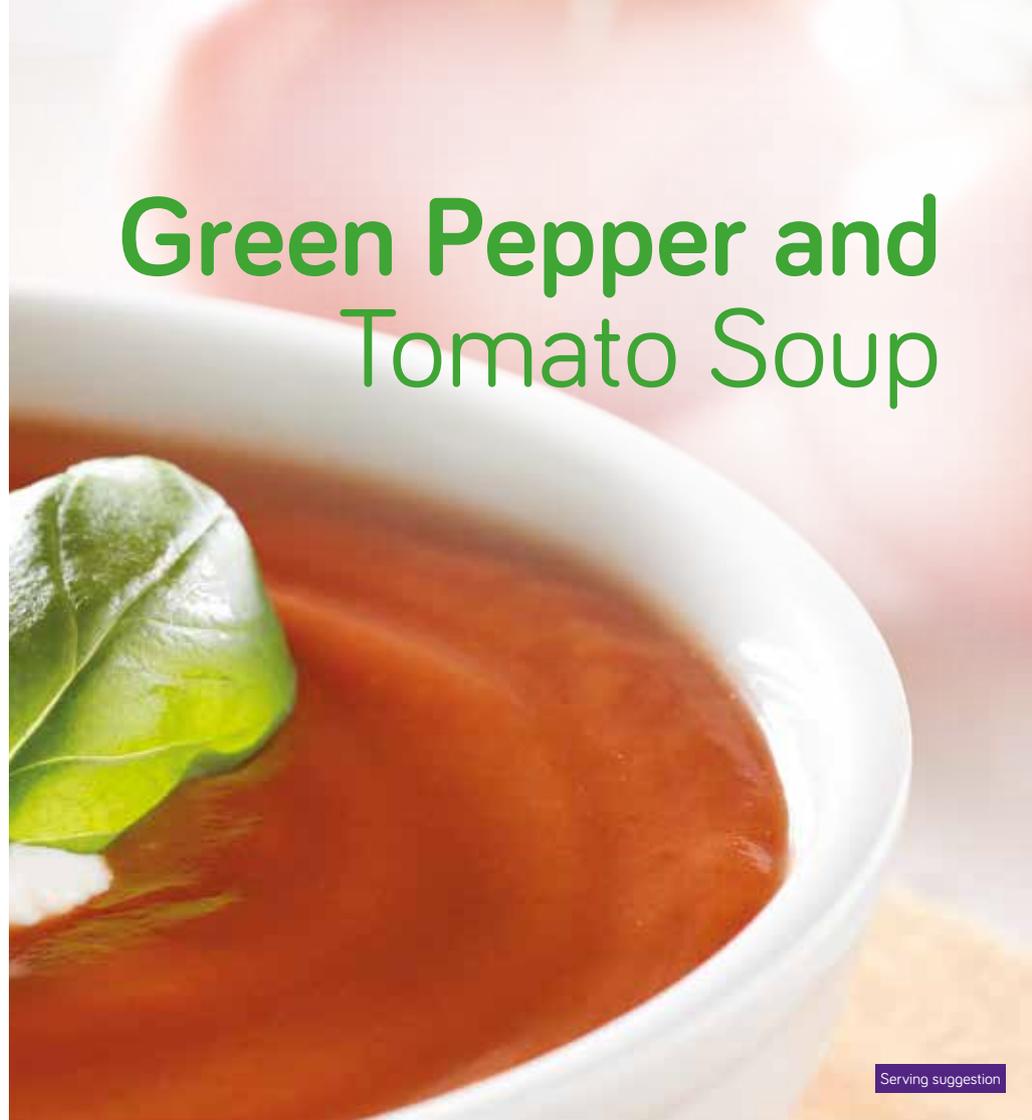
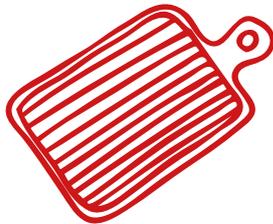
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 15 mins



Serving suggestion

Green Pepper and Tomato Soup



	Approx per serving
Fat	18.1g
Protein	3g
Carbohydrate	3g
kcal value	187
Ketogenic ratio	3:1

Ingredients:

60ml KetoCal 4:1 LQ (Unflavoured)
5g spring onion
29g green pepper
2g Gia garlic puree
2g Gia tomato puree
8g 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 spring onion, pepper, garlic and tomato puree and oil into pan and sweat for 4 mins
2. Dissolve stock cube in hot water
3. Add stock and canned tomatoes to vegetables and simmer for 10 mins
4. Add KetoCal 4:1 LQ to the soup and heat for a further min
5. Blend until smooth

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Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 15 mins



Mushroom Soup

Mushroom Soup



	Approx per serving
Fat	19.8g
Protein	4.6g
Carbohydrate	1.9g
kcal value	204
Ketogenic ratio	3:1

Ingredients:

60ml KetoCal 4:1 LQ Unflavoured
22g finely chopped spring onion
79g mushrooms
2g Gia garlic puree
3g olive oil
3g chicken stock cube
70g water
10g double cream

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 onions, mushrooms and garlic puree into a pan with the oil 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 the soup and heat for a further min
5. Blend until smooth
6. Add cream to top of soup

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Tomato Sauce

Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 5 mins

Cooking time: 5 mins



Serving suggestion

Tomato Sauce



	Approx per serving
Fat	14.4g
Protein	2.5g
Carbohydrate	2.3g
kcal value	149
Ketogenic ratio	3:1

Ingredients:

10g KetoCal 3:1 Powder (Unflavoured)
7g olive oil
1g Gia garlic puree
10g finely chopped spring onion
13g chopped mushroom
2g Gia tomato puree
30g canned chopped tomatoes
Oregano (optional)

Chef's tip:

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



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 mins, add a pinch of oregano, if required
3. Stir in KetoCal 3:1 until dissolved



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Skill Rating



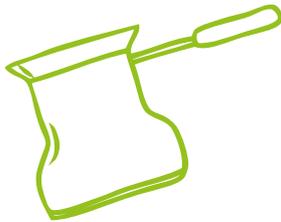
Novice

Expert

Recipe serves: 1

Preparation time: 5 mins

Cooking time: 5 mins



Cheese Sauce

Serving suggestion

Cheese Sauce



	Approx per serving
Fat	11.1g
Protein	3.4g
Carbohydrate	0.3g
kcal value	115
Ketogenic ratio	3:1

Ingredients:

52ml KetoCal 4:1 LQ (Unflavoured)
1g olive oil
7g 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 oil, KetoCal 4:1 LQ and cheese in a pan
2. Heat and stir until cheese has melted



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Desserts



A delicious collection of dessert recipes
for you to enjoy.

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dependent on age, body weight and medical condition.
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Skill Rating



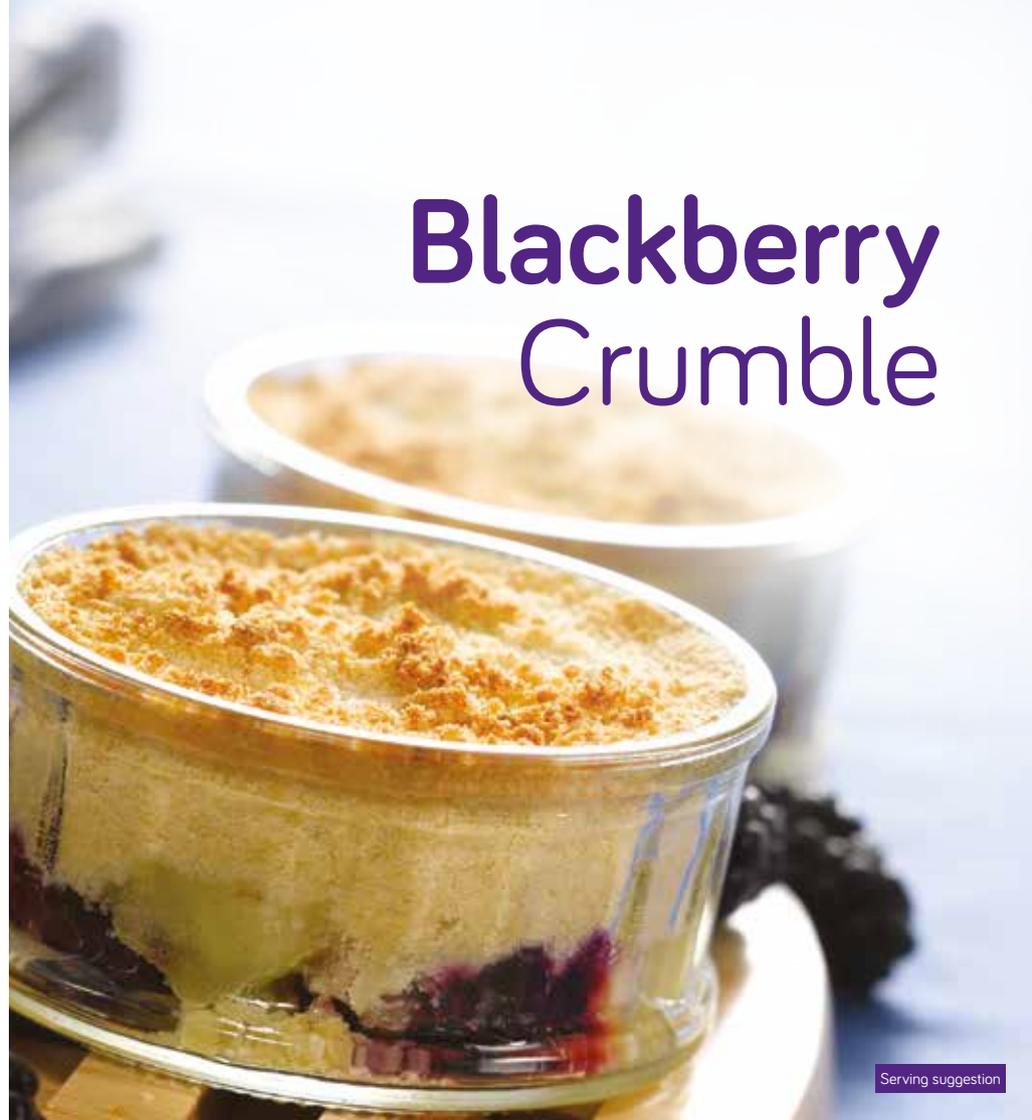
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 10 mins



Blackberry Crumble

Serving suggestion

Blackberry Crumble



	Approx per serving
Fat	21.6g
Protein	3.3g
Carbohydrate	3.8g
kcal value	223
Ketogenic ratio	3:1

Ingredients:

15g KetoCal 3:1 Powder
4g butter
13g TRS or East End coconut flour
Hermesetas liquid sweetener
37g 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, coconut flour and a squirt of sweetener into a bowl
3. Rub in butter with fingertips to make fine crumbs
4. Place blackberries in ovenproof dish and cover with crumble topping
5. Bake in the preheated oven for 10 mins or until golden brown





Skill Rating



Novice

Expert

Recipe makes: 3 pancakes

Preparation time: 10 mins

Cooking time: 10 mins



Pancakes



Serving suggestion

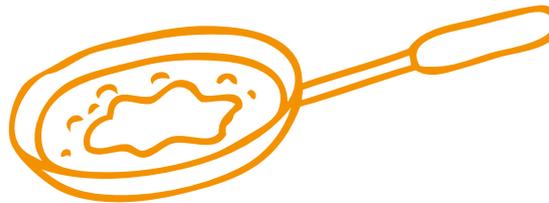
Pancakes



	Approx per serving
Fat	9.4g
Protein	2.5g
Carbohydrate	0.7g
kcal value	97
Ketogenic ratio	3:1

Ingredients:

25g KetoCal 3:1 Powder
(Unflavoured)
6g butter
27g beaten egg
7g fresh double cream
4g water



Method:

1. Melt butter, stir in egg and cream and mix well
2. Mix in KetoCal 3:1 and add water to mixture
3. Spray a small frying pan with oil and warm to medium heat. Spoon in a third of the pancake mixture and cook until golden brown.
Repeat this a further two times

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Serving suggestion

Skill Rating



Novice

Expert

Recipe serves: 10

Preparation time: 10 mins

Chilling time: 2-3 hrs



Chocolate Ice Cream



Serving suggestion

Chocolate Ice Cream



	Approx per serving
Fat	8.6g
Protein	1.6g
Carbohydrate	1.3g
kcal value	90
Ketogenic ratio	3:1

Ingredients:

60g KetoCal 3:1 Powder
10g Bournville cocoa powder
100g fresh whipping cream
96g whole milk
120g water
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 10 equal servings



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Skill Rating



Novice

Expert

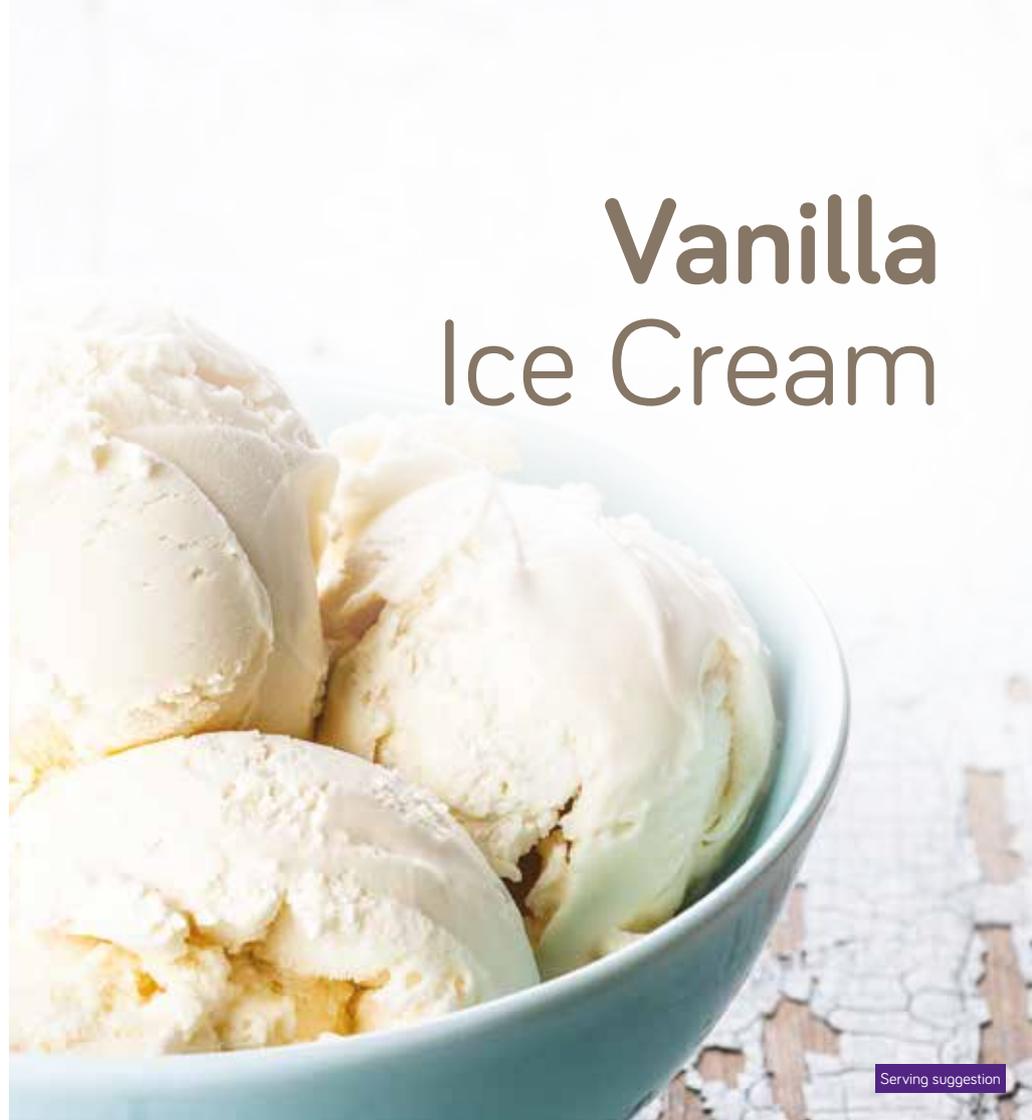
Recipe serves: 5

Preparation time: 10 mins

Chilling time: 2-3 hrs



Vanilla Ice Cream



Serving suggestion

Vanilla Ice Cream



	Approx per serving
Fat	8.5g
Protein	1.9g
Carbohydrate	0.9g
kcal value	90
Ketogenic ratio	3:1

Ingredients:

60g KetoCal 3:1 Powder
10g fresh whipping cream
300g water
4 drops carb free vanilla extract
Hermesetas liquid sweetener



Method:

1. Mix KetoCal 3:1, cream, water, vanilla extract and a big 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 recipe into 5 servings



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Skill Rating



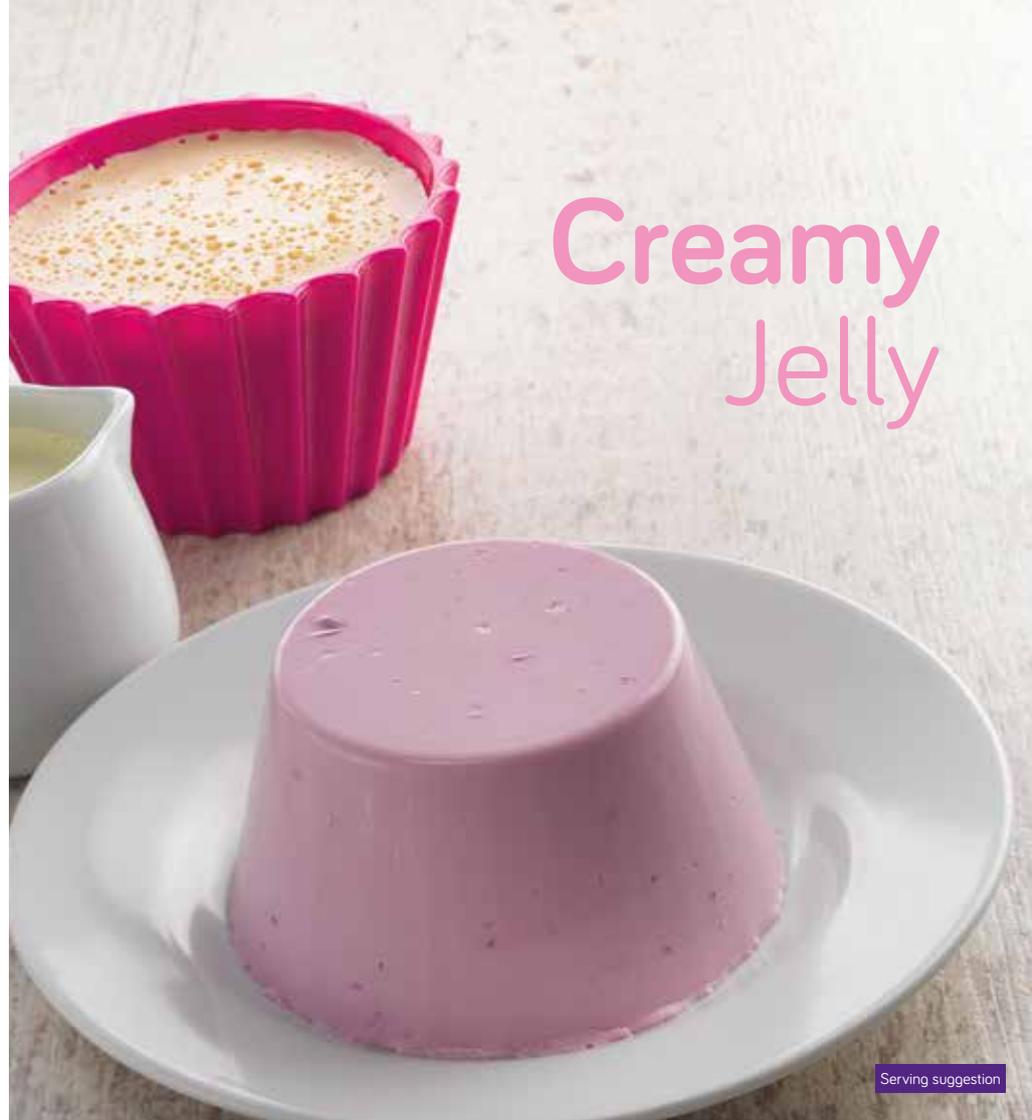
Novice

Expert

Recipe serves: 4

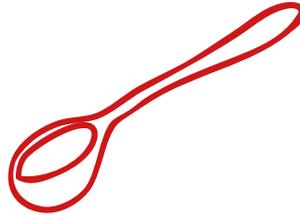
Preparation time: 10 mins

Chilling time: 2 hrs



Creamy Jelly

Creamy Jelly



	Approx per serving
Fat	8.5g
Protein	2.4g
Carbohydrate	0.4g
kcal value	90
Ketogenic ratio	3:1

Ingredients:

200ml KetoCal 4:1 LQ (Unflavoured)
5g Hartley sugar free jelly crystals
25g water
8g double cream



Method:

1. Sprinkle jelly in hot water, stir until dissolved
2. Add cream and KetoCal 4:1 LQ into jelly and stir
3. Pour into 4 individual moulds or shapes and refrigerate until set



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Skill Rating



Novice

Expert

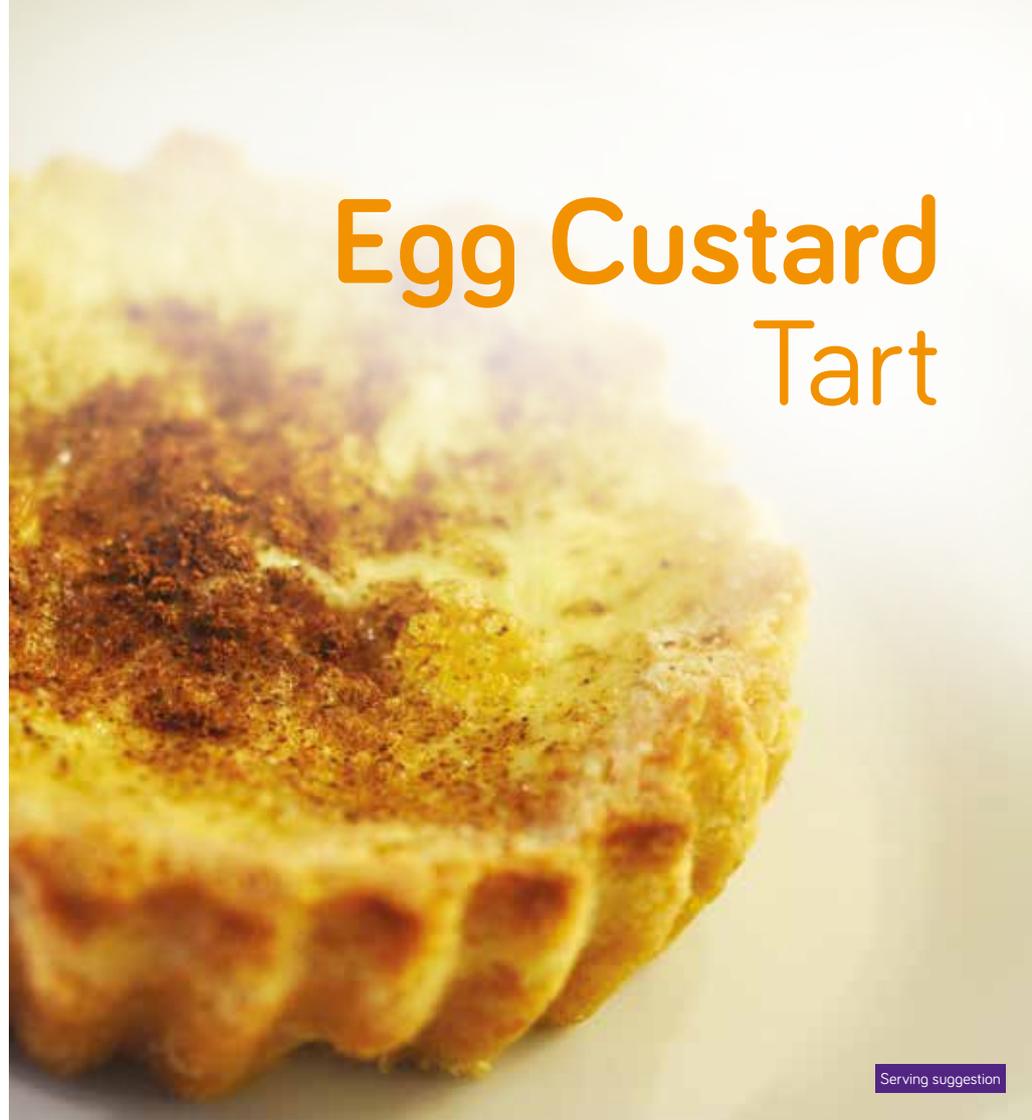
Recipe serves: 1

Preparation time: 20 mins

Cooking time: 12 mins



Egg Custard Tart



Serving suggestion

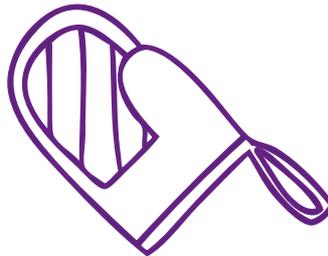
Egg Custard Tart



	Approx per serving
Fat	29.7g
Protein	7.6g
Carbohydrate	2.3g
kcal value	307
Ketogenic ratio	3:1

Ingredients:

15g KetoCal 3:1 Powder
16g TRS or East End coconut flour
4g butter
5g water
2g sunflower oil
5g fresh double cream
Nutmeg
Hermesetas liquid sweetener
35g beaten egg



Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place KetoCal 3:1, coconut flour and butter 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 oil, cream, pinch of nutmeg and a squirt of sweetener with eggs and fill tin
6. Cook for 10-12 mins or until golden brown

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Skill Rating



Novice

Expert

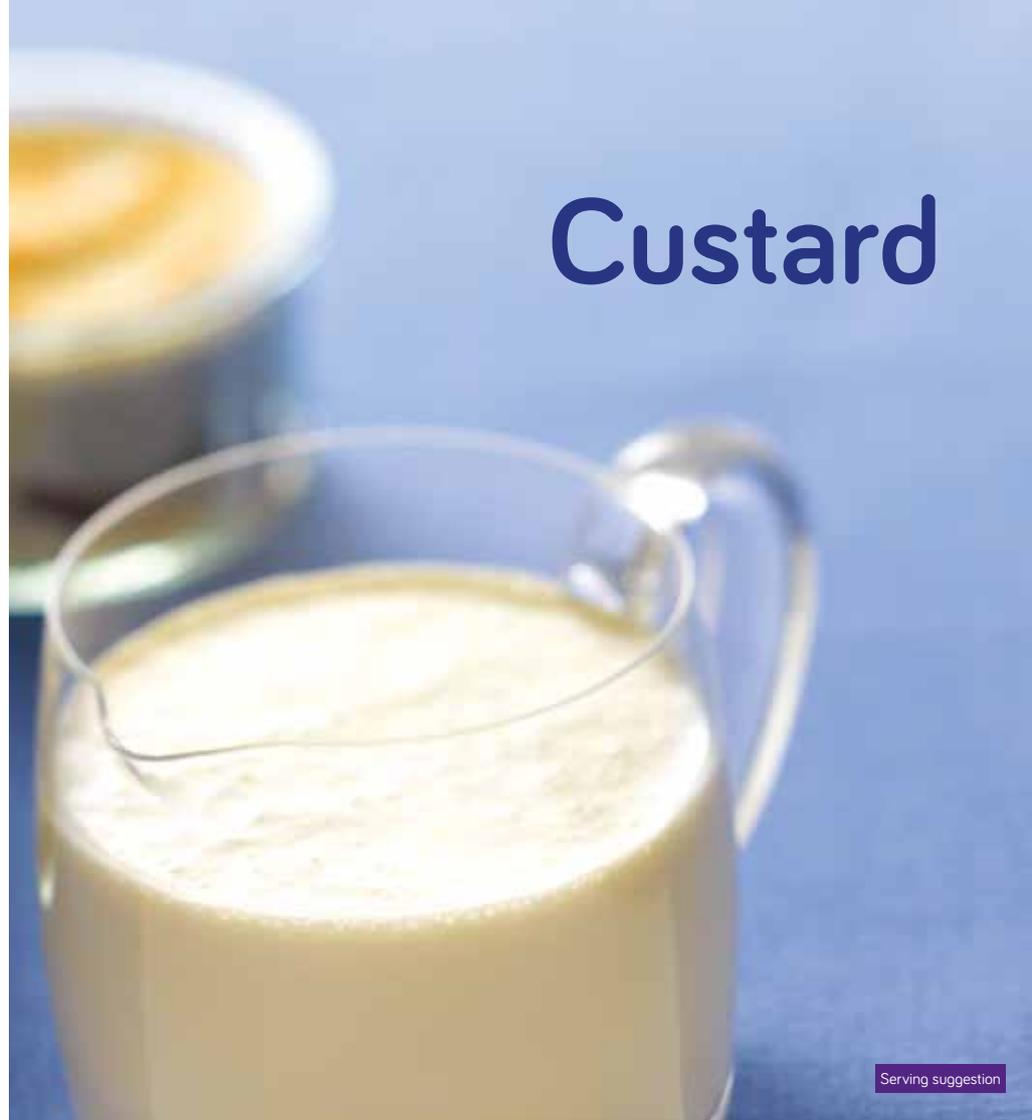
Recipe serves: 1

Preparation time: 5 mins

Cooking time: 5 mins



Custard



Serving suggestion

Custard



	Approx per serving
Fat	30.5g
Protein	6.1g
Carbohydrate	4g
kcal value	315
Ketogenic ratio	3:1

Ingredients:

200ml KetoCal 4:1 LQ
(Vanilla or Unflavoured)
3g double cream
3g custard powder
30g water
Hermesetas liquid sweetener



Serving suggestion

Method:

1. Place KetoCal 4:1 LQ and cream in a pan, heat but do not boil
2. Mix custard powder with cold water
3. Add custard to mixture and stir until it starts to thicken
4. Add a big squirt of sweetener



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Skill Rating



Novice

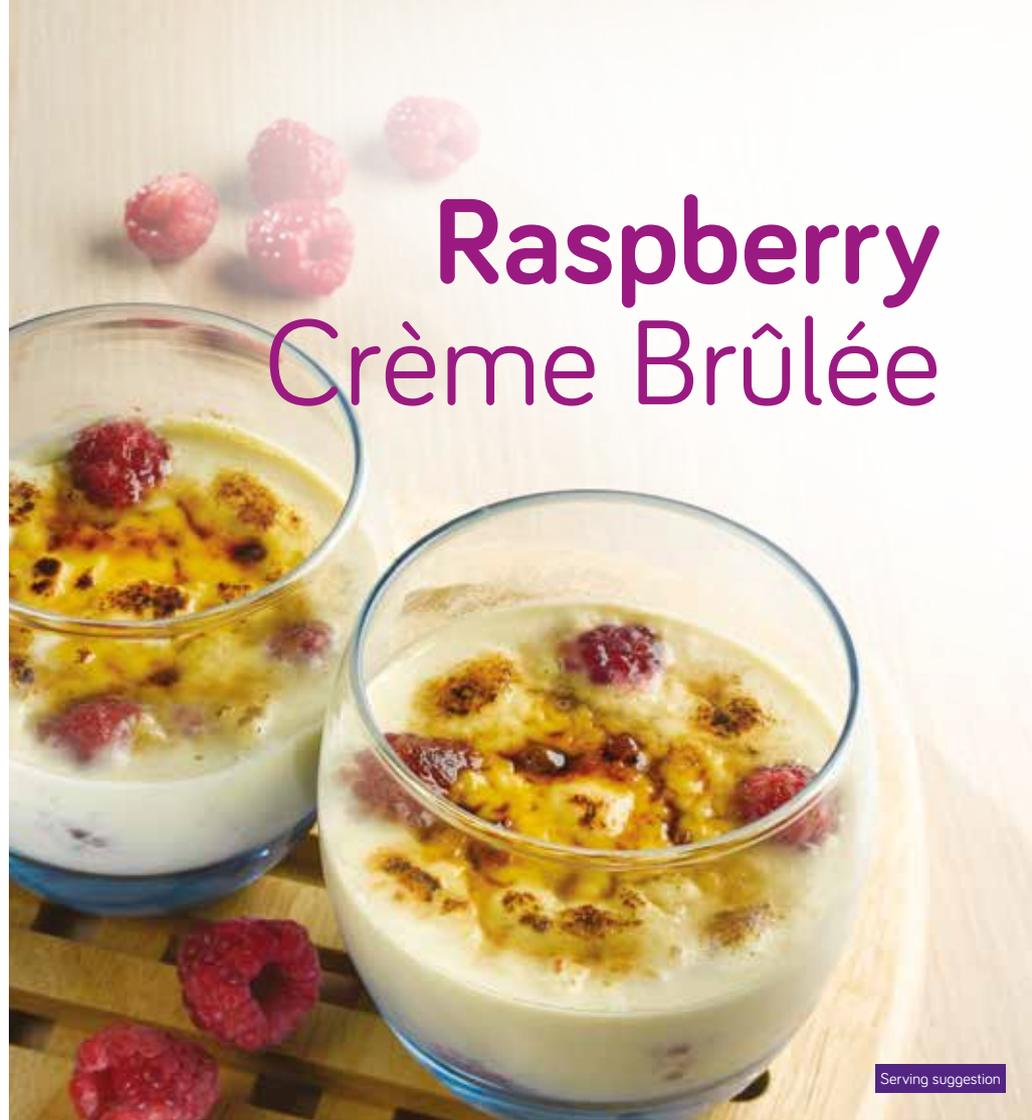
Expert

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 10 mins

Chill time: 2 hours



Serving suggestion

Raspberry Crème Brûlée



	Approx per serving
Fat	37g
Protein	9.2g
Carbohydrate	3.1g
kcal value	382
Ketogenic ratio	3:1

Ingredients:

50ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
40g egg yolk
36g fresh double cream
1.5g Truvia sweetener
2 drops carb free vanilla extract
40g raspberries



Method:

1. Beat egg yolk thoroughly
2. Heat double cream, KetoCal 4:1 LQ, squirt of sweetener and vanilla extract until hot in a double saucepan or a basin standing in a pan over hot water
3. Pour mixture over the egg yolk, beating all the time
4. Return mixture to saucepan or basin
5. Heat without boiling, stirring all the time until mixture starts to thicken and coats the back of a spoon
6. Remove from heat
7. Place raspberries in flameproof dish, pour mixture over top, then chill for 2 hrs
8. Sprinkle Truvia on top and place dish under a hot grill until it turns golden brown

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Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 5 mins

Chill time: 2 hours



Strawberry Panna Cotta



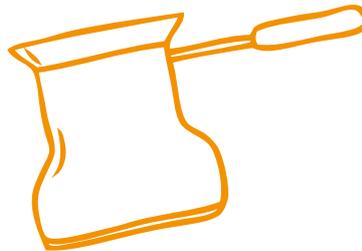
Strawberry Panna Cotta



	Approx per serving
Fat	29.3g
Protein	5.8g
Carbohydrate	4g
kcal value	303
Ketogenic ratio	3:1

Ingredients:

60ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
29g double cream
20g Yeo Valley crème fraîche
4g Hartley sugar free jelly crystals
30g chopped strawberries



Method:

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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Skill Rating



Novice

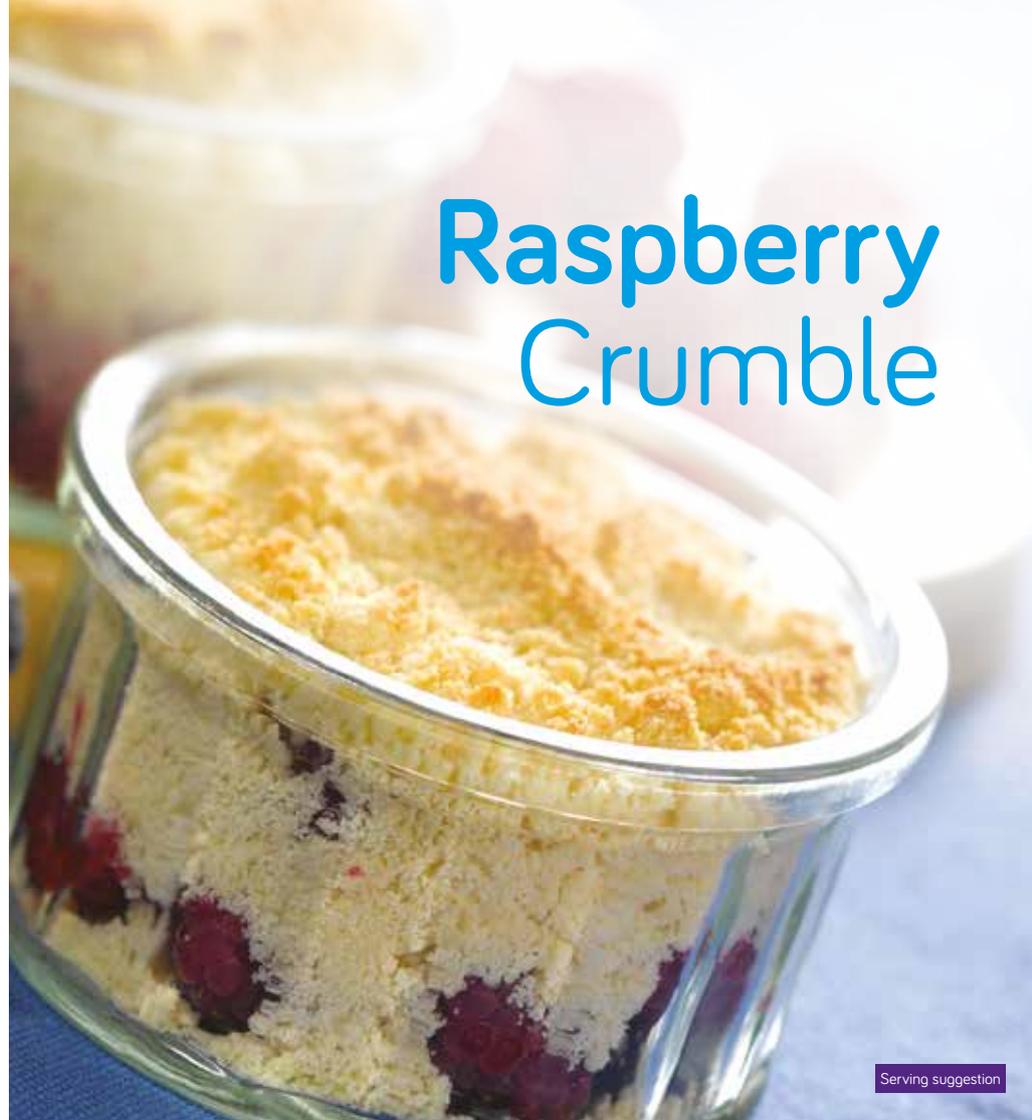
Expert

Recipe serves: 1

Preparation time: 10 mins



Raspberry Crumble



Serving suggestion

Raspberry Crumble



	Approx per serving
Fat	23.4g
Protein	3.9g
Carbohydrate	3.8g
kcal value	241
Ketogenic ratio	3:1

Ingredients:

18g KetoCal 3:1 powder
6g butter
10g East End coconut flour
Hermesetas liquid sweetener
40g raspberries

Chef's tip:

To bulk cook, multiply ingredients by as many servings as you wish and divide the mixture into equal amounts

Method:

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



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