



KETOGENIC DIET 4:1

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 intractable or 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 bacon muffins
- Chocolate muffins
- Cinnamon and blueberry toast
- Cheese wrap
- Savoury muffins
- Savoury crackers
- 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
- Vanilla ice cream
- Creamy jelly
- Egg custard tart
- Custard
- 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



Rolling pin



Whisk



Spatula

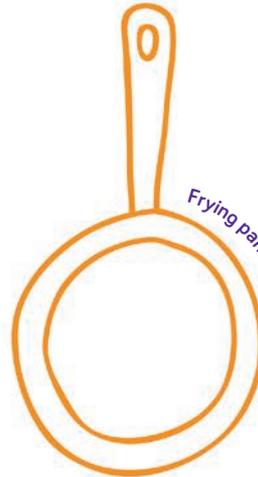
Mixing bowl and spoon



Silicone baking tray



Weighing scales



Frying pan



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

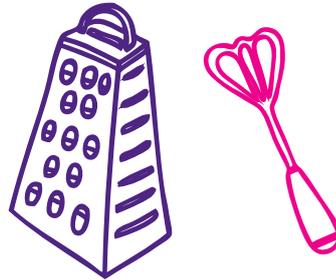


Do not microwave KetoCal as this form of heating can denature some of the vitamins and minerals in the product. Likewise do not boil recipes with KetoCal in them. Always add KetoCal at the end of cooking unless otherwise instructed in the recipe



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

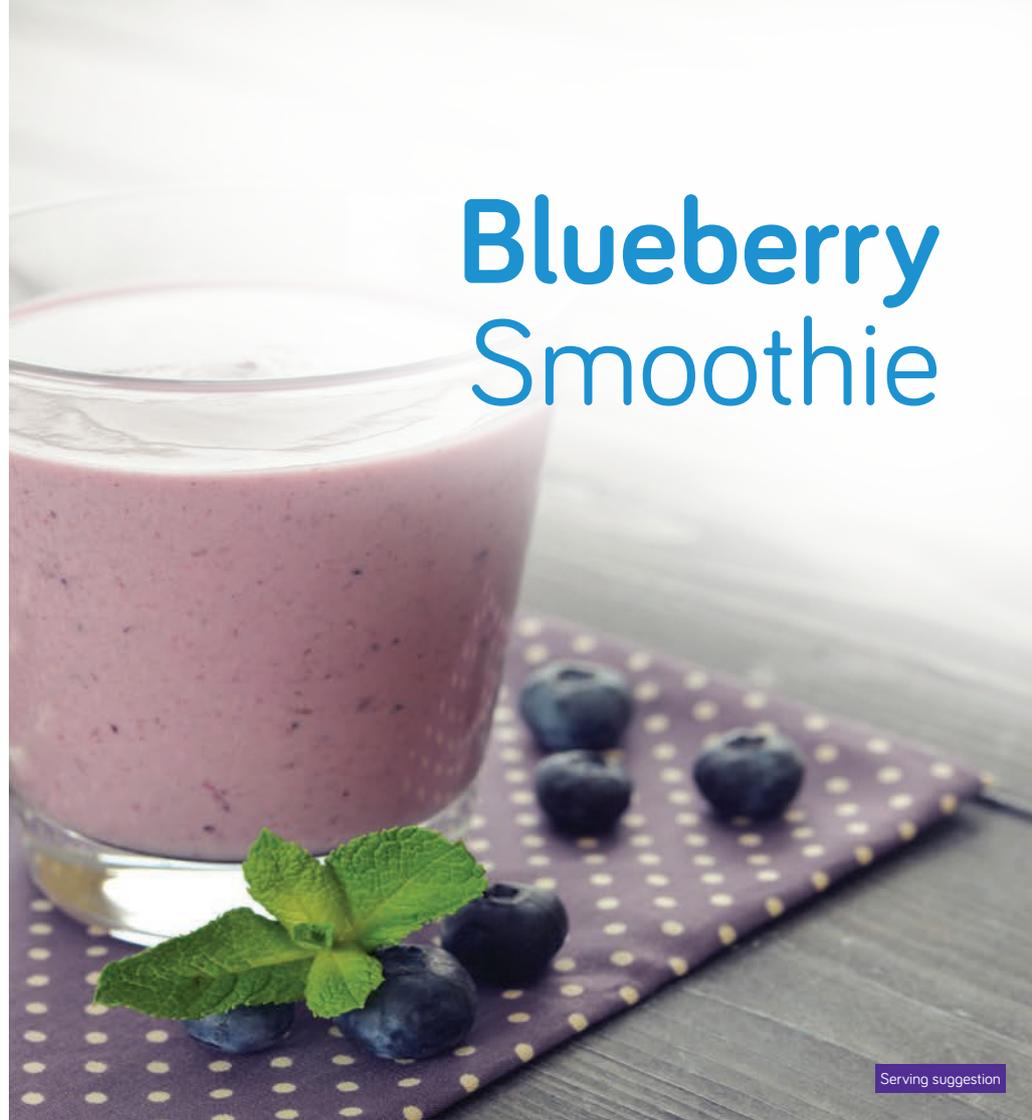
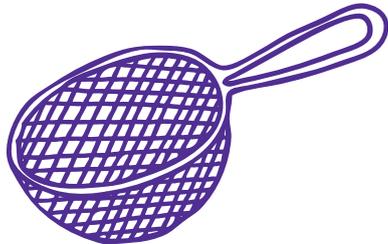


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



Blueberry Smoothie

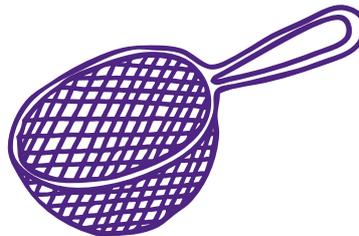
Blueberry Smoothie



	Approx per serving
Fat	38.1g
Protein	6.2g
Carbohydrate	3.3g
kcal value	381
Ketogenic ratio	4:1

Ingredients:

- 200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
- 30g blueberries
- Hermesetas liquid sweetener
- 9g sunflower oil
- 4x ice cubes



Method:

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



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Serving suggestion

Skill Rating

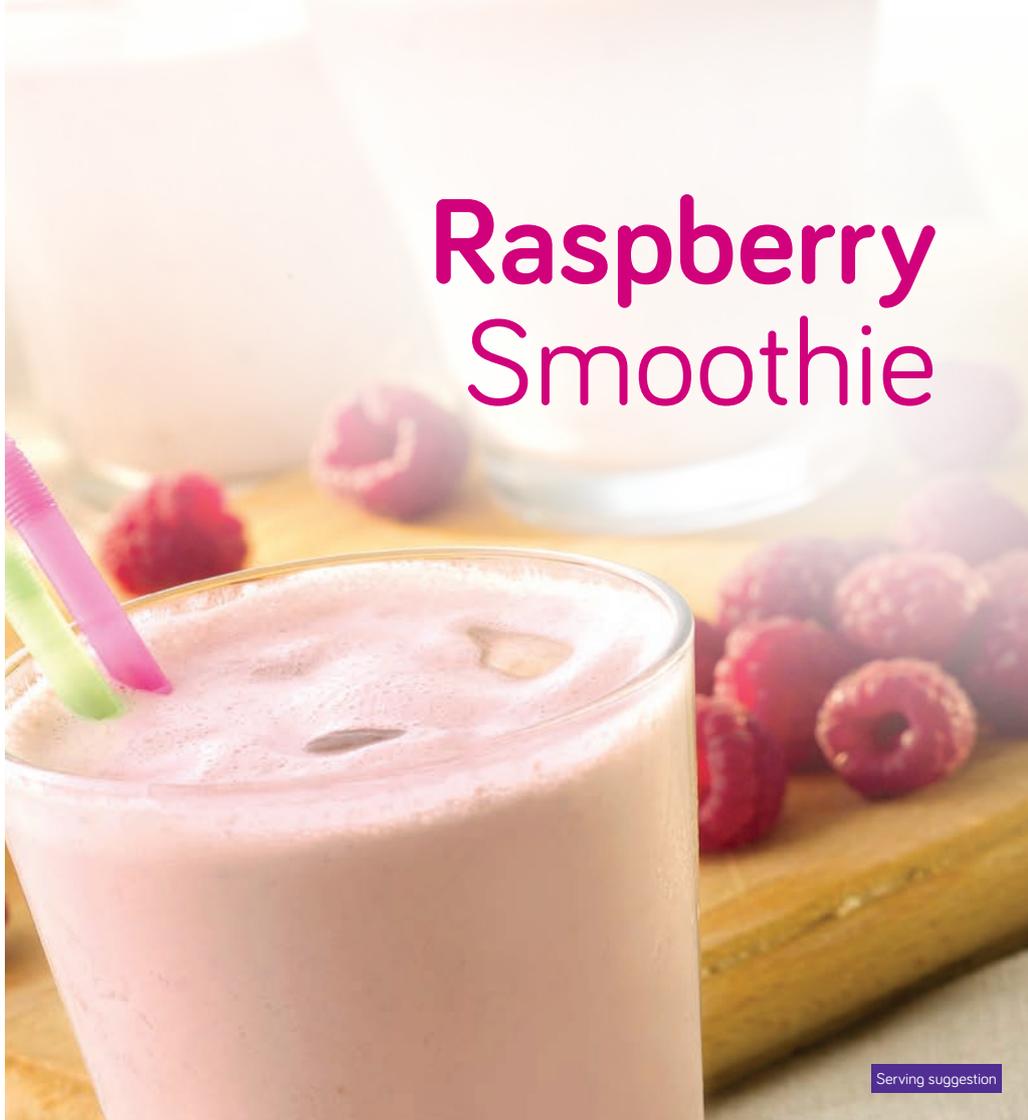
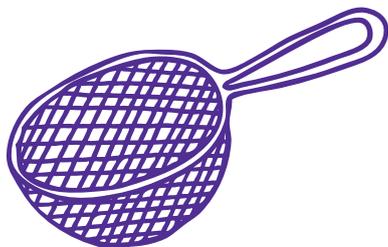


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



Raspberry Smoothie

Serving suggestion

Raspberry Smoothie



	Approx per serving
Fat	36.1g
Protein	6.5g
Carbohydrate	2.6g
kcal value	361
Ketogenic ratio	4:1

Ingredients:

200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
30g raspberries
7g olive oil
Hermesetas liquid sweetener
4x ice cubes

Chef's tip:

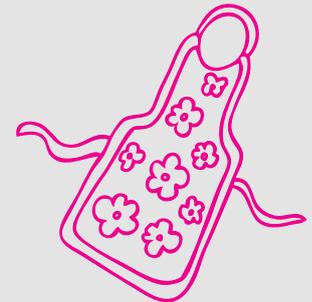
Sieve blended smoothie to remove any seeds

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Method:

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





Serving suggestion

Skill Rating

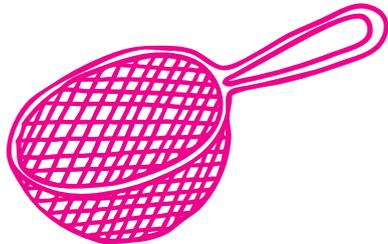


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



Strawberry Smoothie



Serving suggestion

Strawberry Smoothie



	Approx per serving
Fat	37g
Protein	6.3g
Carbohydrate	3g
kcal value	370
Ketogenic ratio	4:1

Ingredients:

200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
30g strawberries
8g olive oil
Hermesetas liquid sweetener
4x ice cubes

Chef's tip:

Sieve blended smoothie to remove any seeds

Method:

1. Place KetoCal 4:1 LQ, strawberries, olive oil, 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

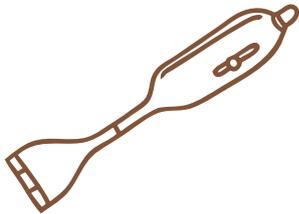


Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

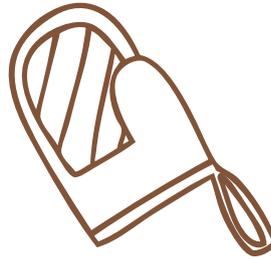


Chocolate Smoothie



Serving suggestion

Chocolate Smoothie



Serving suggestion

	Approx per serving
Fat	33.9g
Protein	6.8g
Carbohydrate	1.7g
kcal value	339
Ketogenic ratio	4:1

Ingredients:

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

Chef's tip:

Please take care not to use drinking chocolate

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Method:

1. Place KetoCal 4:1 LQ, cocoa powder, olive oil, big squirt 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: 2 mins



Milkshake

Serving suggestion

Milkshake



	Approx per serving
Fat	29.6g
Protein	6.2g
Carbohydrate	1.2g
kcal value	300
Ketogenic ratio	4:1

Ingredients:

200ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
5g Da Vinci Syrup*

Chef's tip:

Use a KetoCal Shaker to measure and mix your milkshake quickly



*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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Method:

Mix a carton of KetoCal 4:1 LQ with Da Vinci flavoured syrup* to taste



Snacks



A delicious collection of snacks for you to enjoy.

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Serving suggestion

Skill Rating



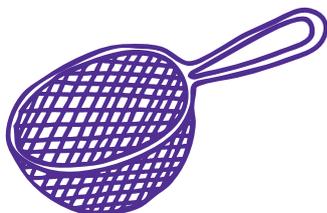
Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 35 mins



Blueberry Muffins

Serving suggestion

Blueberry Muffins



	Approx per serving
Fat	40g
Protein	7g
Carbohydrate	2.9g
kcal value	400
Ketogenic ratio	4:1

Ingredients:

11g KetoCal 4:1 Powder (Vanilla)
1g carb free Barkat baking powder
23g butter
19g beaten egg
10g ground almonds
11g Original Alpro soya milk
9g TRS or East End coconut flour
11g blueberries

Chef's tip:

Use silicone muffin tray to make it easier to remove 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. Mix all the ingredients together, except the blueberries
3. Spoon into muffin tray and then add the blueberries to the top of the mixture
4. Cook for 30-35 mins
5. Remove from oven and allow to cool (if muffin is bubbling around sides, this is fine, it will be absorbed into muffin once cooled)



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Serving suggestion

Skill Rating



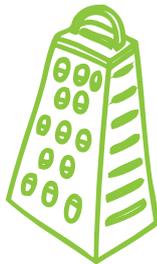
Novice

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
Fat	40.9g
Protein	8g
Carbohydrate	2.3g
kcal value	409
Ketogenic ratio	4:1

Ingredients:

10g KetoCal 4:1 Powder (Unflavoured)
7g chopped bacon rashers
10g ground almonds
11g Alpro soya milk
1g carb free Barkat baking powder
22g butter
2g grated cheddar cheese
10g TRS or East End coconut flour
14g beaten egg
2g chopped spring onions

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 in equal amounts into muffin tray

Muffins can be frozen

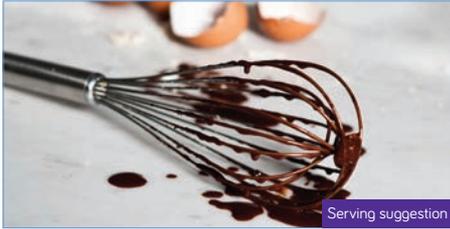


Method:

1. Preheat oven to 170°C/gas mark 3
2. Fry bacon until crispy
3. Mix all ingredients together
4. Spoon into muffin tray
5. Cook for 30-35 mins
6. Remove from oven and allow to cool (if muffin is bubbling around sides, this is fine, it will be absorbed into muffin once cooled)



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Skill Rating



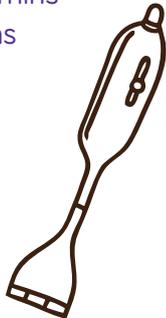
Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

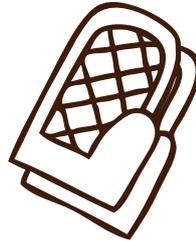
Cooking time: 35 mins



Chocolate Muffins



Chocolate Muffins



	Approx per serving
Fat	38g
Protein	7.1g
Carbohydrate	2.4g
kcal value	380
Ketogenic ratio	4:1

Ingredients:

10g KetoCal 4:1 Powder (Vanilla)
10g ground almonds
12g Alpro soya milk
1g carb free Barkat baking powder
9g TRS or East End coconut flour
2g Bournville cocoa powder
21g butter
18g beaten egg

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 all the ingredients together
3. Spoon into muffin tray
4. Cook for 30-35 mins
5. Remove from oven and allow to cool

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Skill Rating



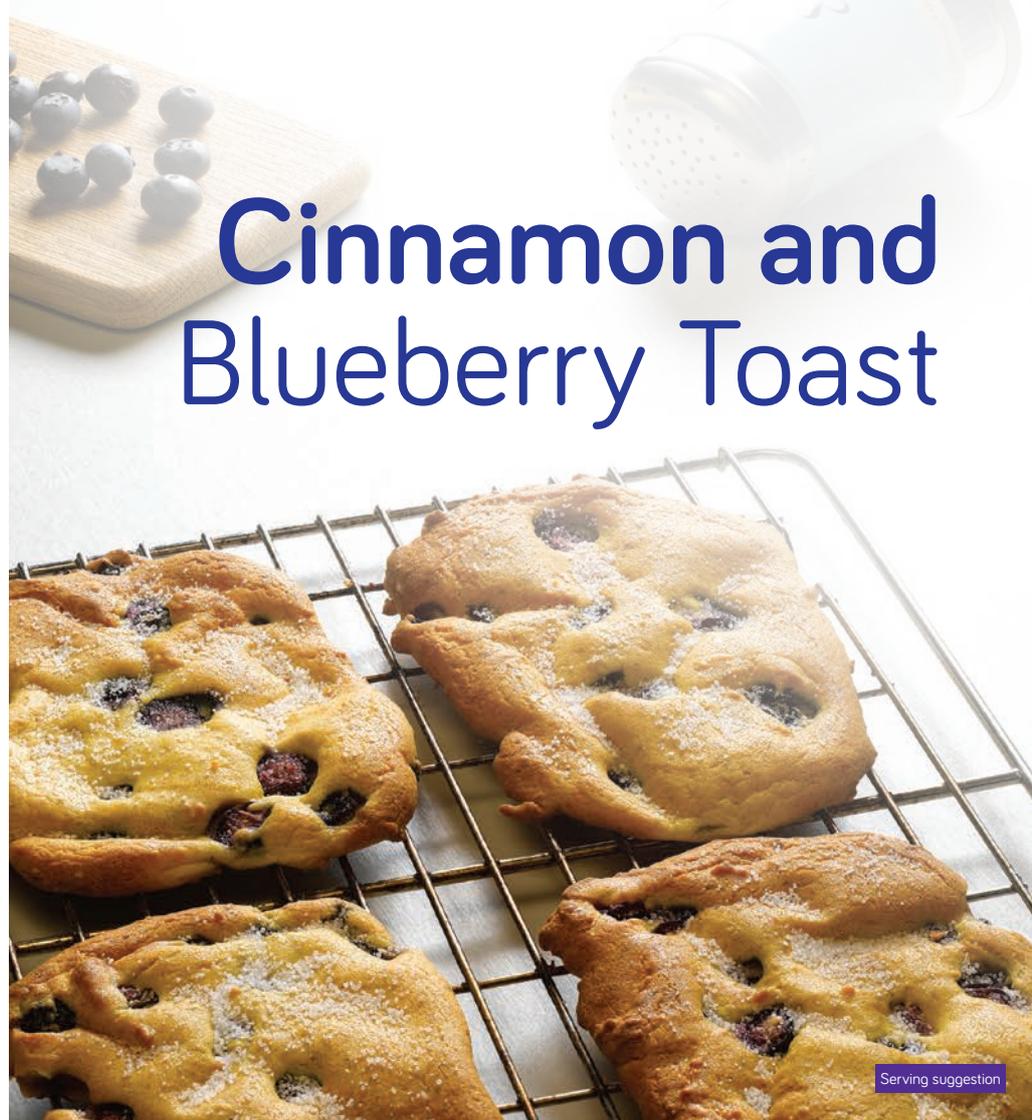
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 10 mins



Cinnamon and Blueberry Toast

Serving suggestion

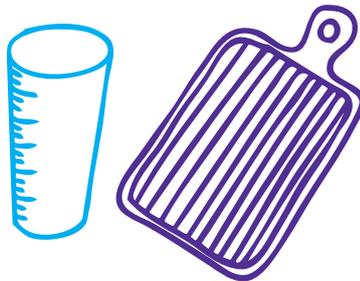
Cinnamon and Blueberry Toast



	Approx per serving
Fat	38.3g
Protein	6.6g
Carbohydrate	3g
kcal value	383
Ketogenic ratio	4:1

Ingredients:

30g KetoCal 4:1 Powder (Unflavoured)
10g double cream
2g carb free Barkat baking powder
15g beaten egg
Hermesetas liquid sweetener
6g water
12g butter
15g blueberries
Cinnamon



Method:

1. Preheat oven to 170°C/gas mark 3
2. Mix KetoCal 4:1 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, 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 10 mins or until golden brown

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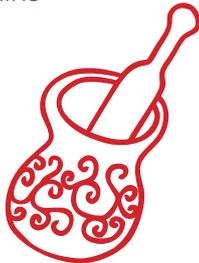
Skill Rating



Recipe serves: 1

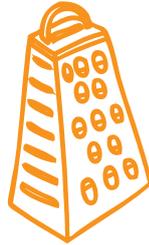
Preparation time: 10 mins

Cooking time: 10 mins



Serving suggestion

Cheese Wrap



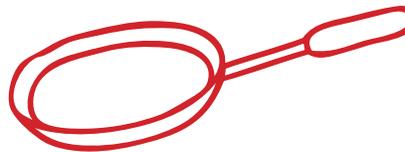
	Approx per serving
Fat	28.5g
Protein	5.7g
Carbohydrate	1.4g
kcal value	285
Ketogenic ratio	4:1

Ingredients:

20g KetoCal 4:1 Powder (Unflavoured)
9g double cream
1g Gia sundried tomato puree
1g Gia garlic puree
14g beaten egg
2g fresh parmesan
8g butter
5g water

Chef's tip:

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



Method:

1. Preheat oven to 190°C/gas mark 5
2. Mix KetoCal 4:1 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 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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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	31.4g
Protein	6.1g
Carbohydrate	1.6g
kcal value	313
Ketogenic ratio	4:1

Ingredients:

15g KetoCal 4:1 Powder (Unflavoured)
10g East End coconut flour
4g ground almonds
1g carb free Barkat baking powder
12g butter
5g beaten egg
4g Original Alpro soya milk
4g grated cheddar cheese
3g finely chopped spring onion
4g back bacon rashers (dry fried)

Chef's tip:

Use silicone muffin tray to make the muffins easier to remove

To bulk cook, 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 4:1, 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



Skill Rating



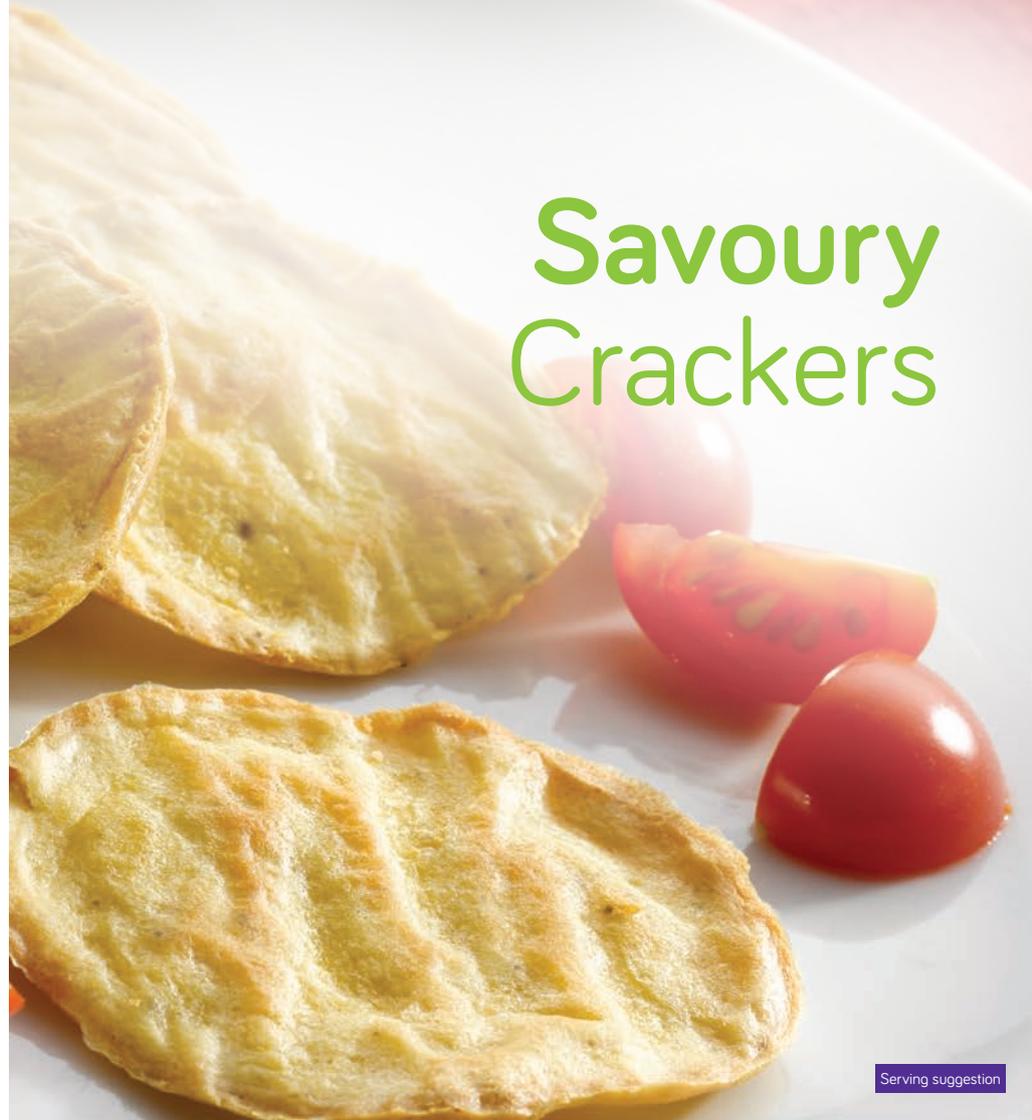
Novice

Expert

Recipe serves: 4

Preparation time: 10 mins

Cooking time: 15 mins



Savoury Crackers

Serving suggestion

Savoury Crackers



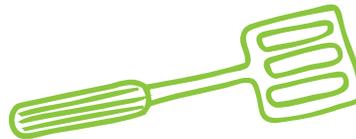
	Approx per serving (1 serving = 1 cracker)
Fat	4.2g
Protein	0.9g
Carbohydrate	0.1g
kcal value	42
Ketogenic ratio	4:1

Ingredients:

14g KetoCal 4:1 powder (Unflavoured)
5g water
6g olive oil
11g 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 4:1 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

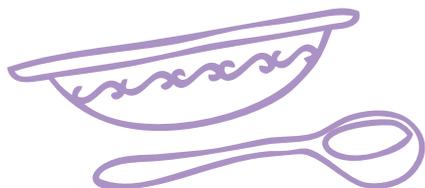


Novice

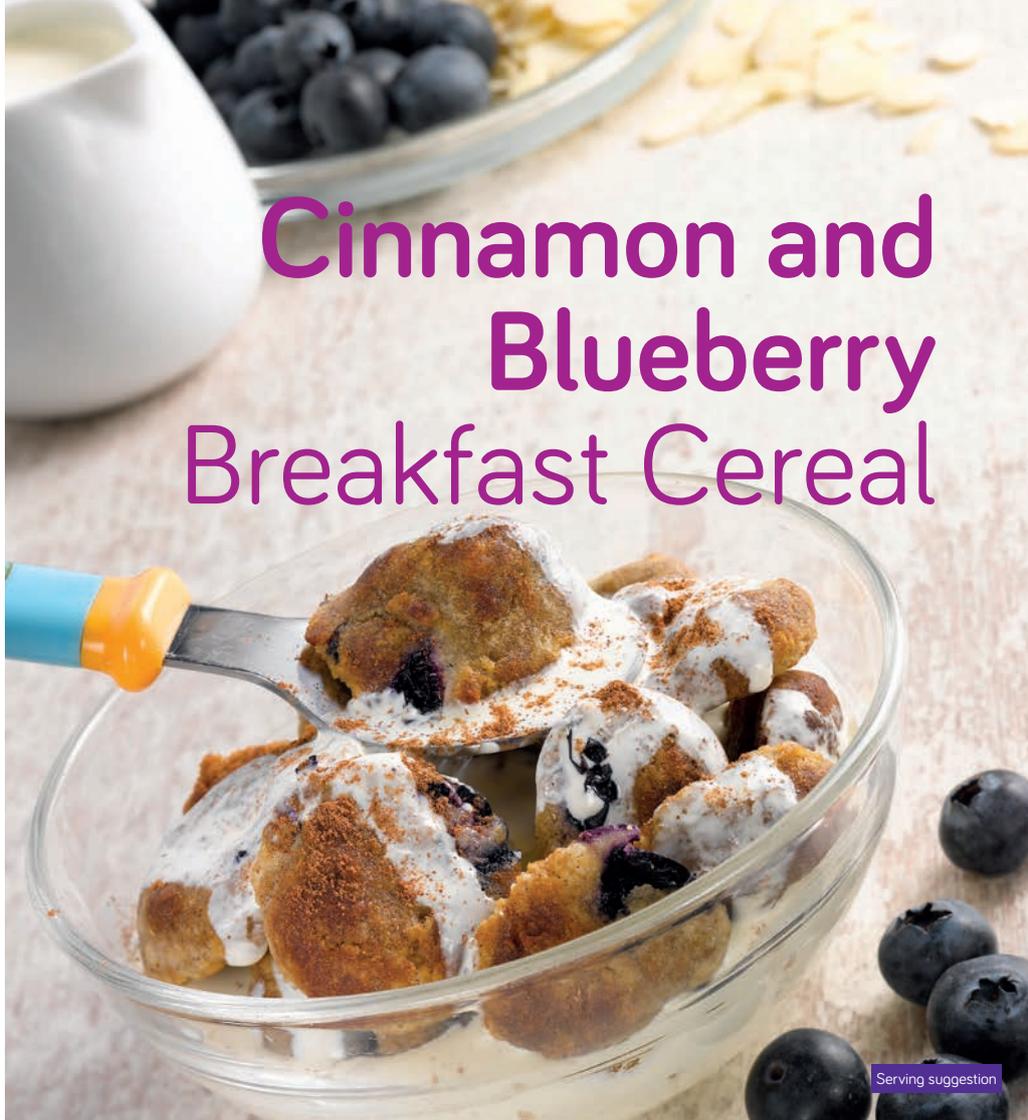
Expert

Recipe serves: 5

Preparation time: 25 mins



Cinnamon and Blueberry Breakfast Cereal



Serving suggestion

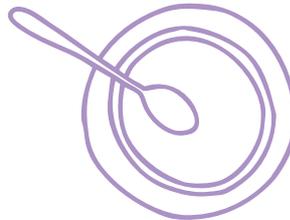
Cinnamon and Blueberry Breakfast Cereal



	Approx per serving (1 serving = 1 ball)
Fat	12.5g
Protein	2.3g
Carbohydrate	0.8g
kcal value	124
Ketogenic ratio	4:1

Ingredients:

50g KetoCal 4:1 powder (Vanilla or Unflavoured)
20g butter
20g ground almonds
12g blueberries
2g ground cinnamon
10g water



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

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Main Meals



A delicious collection of main meals
for you to enjoy.

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Serving suggestion

Skill Rating



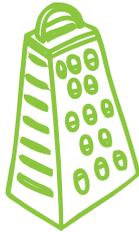
Novice

Expert

Recipe serves: 1

Preparation time: 15 mins

Cooking time: 15 mins



Cheese and Tomato Pizza



Serving suggestion

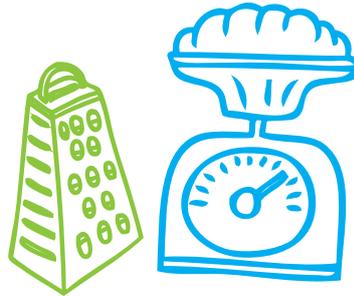
Cheese and Tomato Pizza



	Approx per serving
Fat	28.8g
Protein	5.5g
Carbohydrate	1.7g
kcal value	288
Ketogenic ratio	4:1

Ingredients:

20g KetoCal 4:1 Powder (Unflavoured)
12g olive oil
12g beaten egg
5g water
3g grated cheddar cheese
1g Gia garlic puree
1g Gia sundried tomato puree
19g canned chopped tomatoes
Dried Italian herbs



Method:

1. Preheat oven to 165°C/gas mark 3
2. Mix KetoCal 4:1 with olive oil, egg and water in a bowl
3. Spread mixture onto a lightly greased baking sheet in 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 dried herbs
7. Cook for 10-20 mins or until golden

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Skill Rating



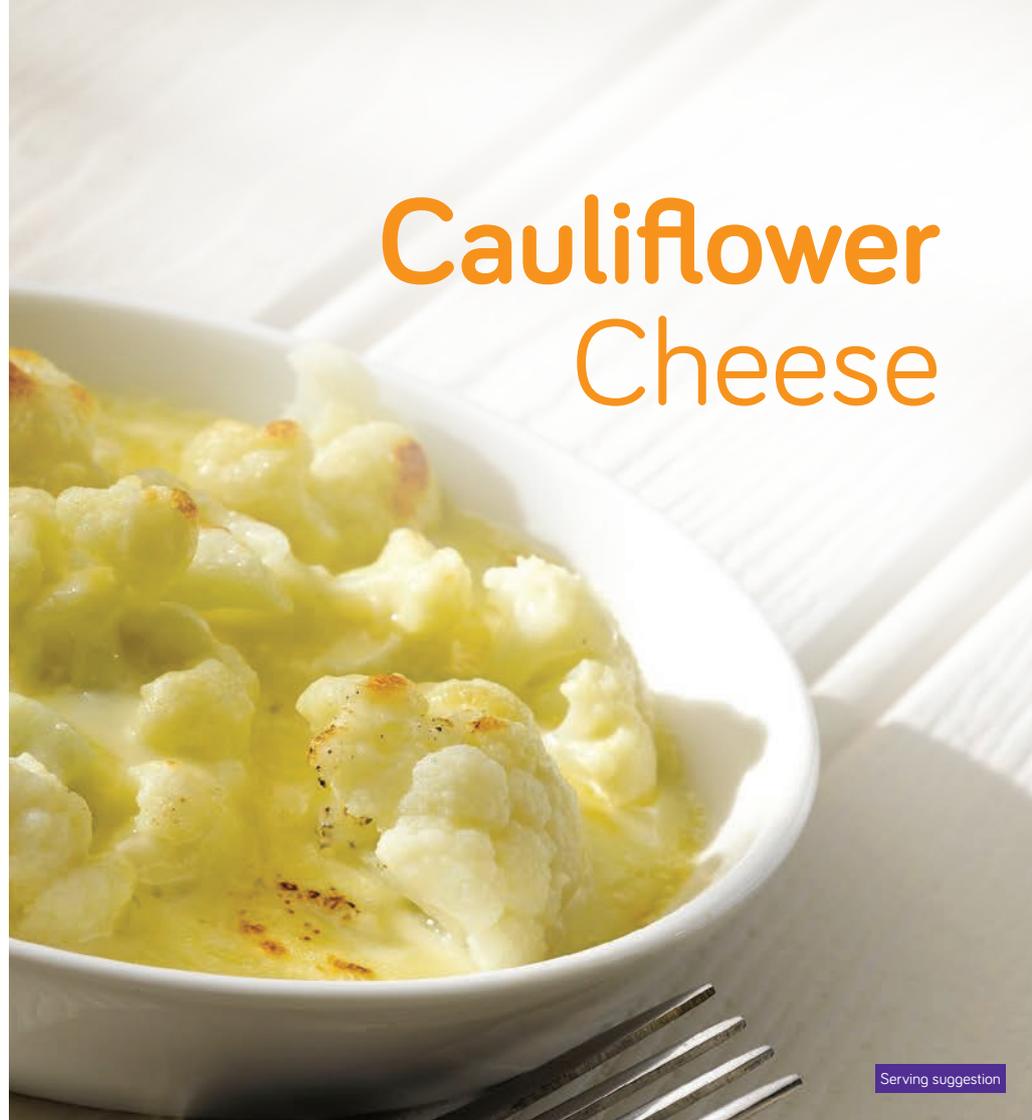
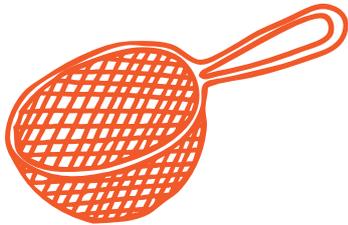
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

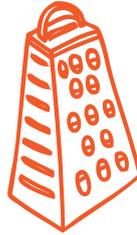
Cooking time: 5 mins



Cauliflower Cheese

Serving suggestion

Cauliflower Cheese



	Approx per serving
Fat	39g
Protein	7.2g
Carbohydrate	2.5g
kcal value	390
Ketogenic ratio	4:1

Ingredients:

16g KetoCal 4:1 Powder (Unflavoured)
70g cauliflower
10g olive oil
23g double cream
10g 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 4:1, 4.5g cheese and water in 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

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



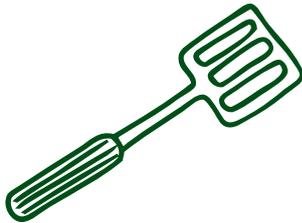
Novice

Expert

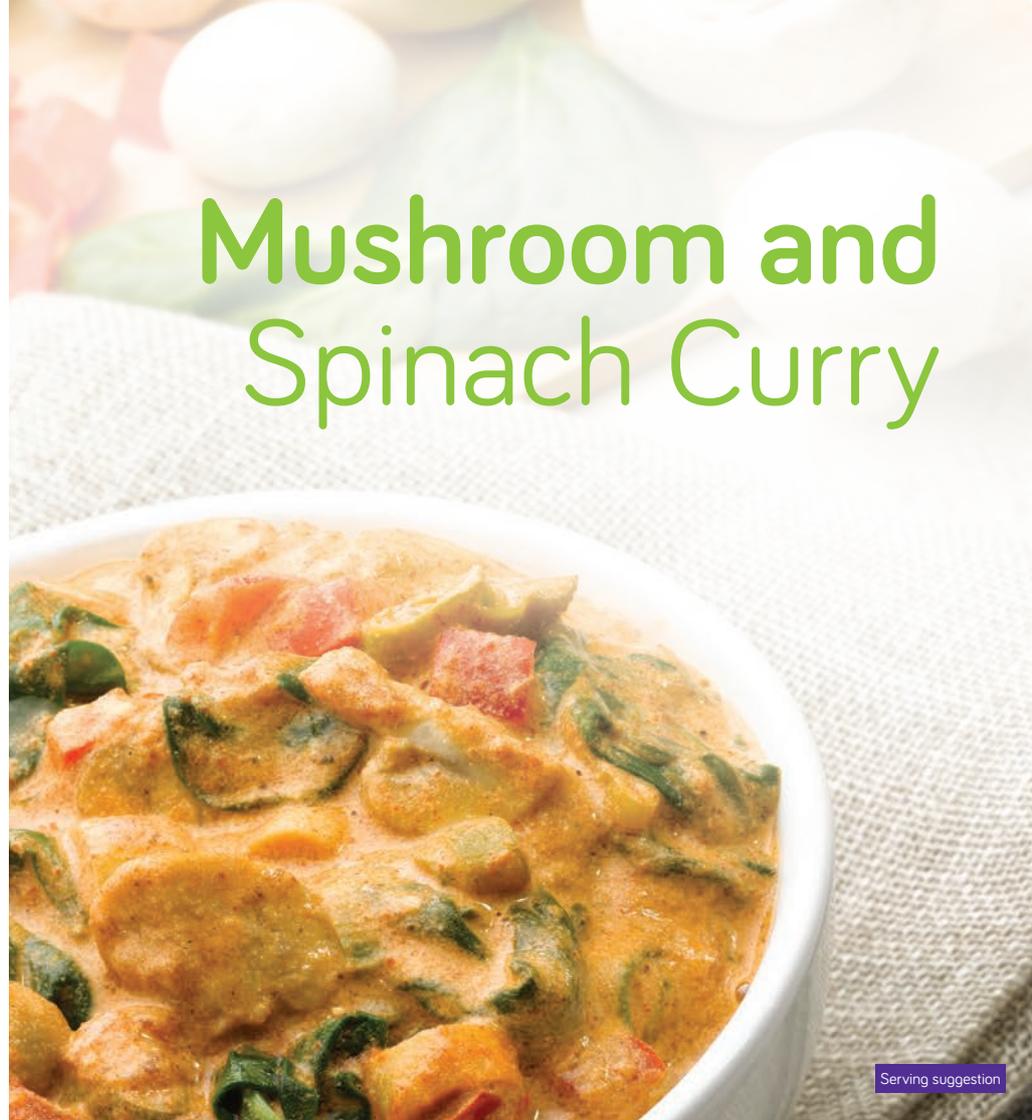
Recipe serves: 1

Preparation time: 10 mins

Cooking time: 5 mins



Mushroom and Spinach Curry



Serving suggestion

Mushroom and Spinach Curry



	Approx per serving
Fat	25.9g
Protein	3.8g
Carbohydrate	2.7g
kcal value	259
Ketogenic ratio	4:1

Ingredients:

16g KetoCal 4:1 Powder (Unflavoured)
14g olive oil
12g chopped mushrooms
12g green pepper
5g spring onion
1g Gia tomato puree
1g Gia garlic puree
31g canned chopped tomatoes
1g curry powder
20g raw spinach
5g water

Chef's tip:

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



Serving suggestion

Method:

1. Heat oil in 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 4:1 with water to form a paste, then add to the curry sauce and serve

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Skill Rating



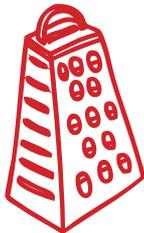
Novice

Expert

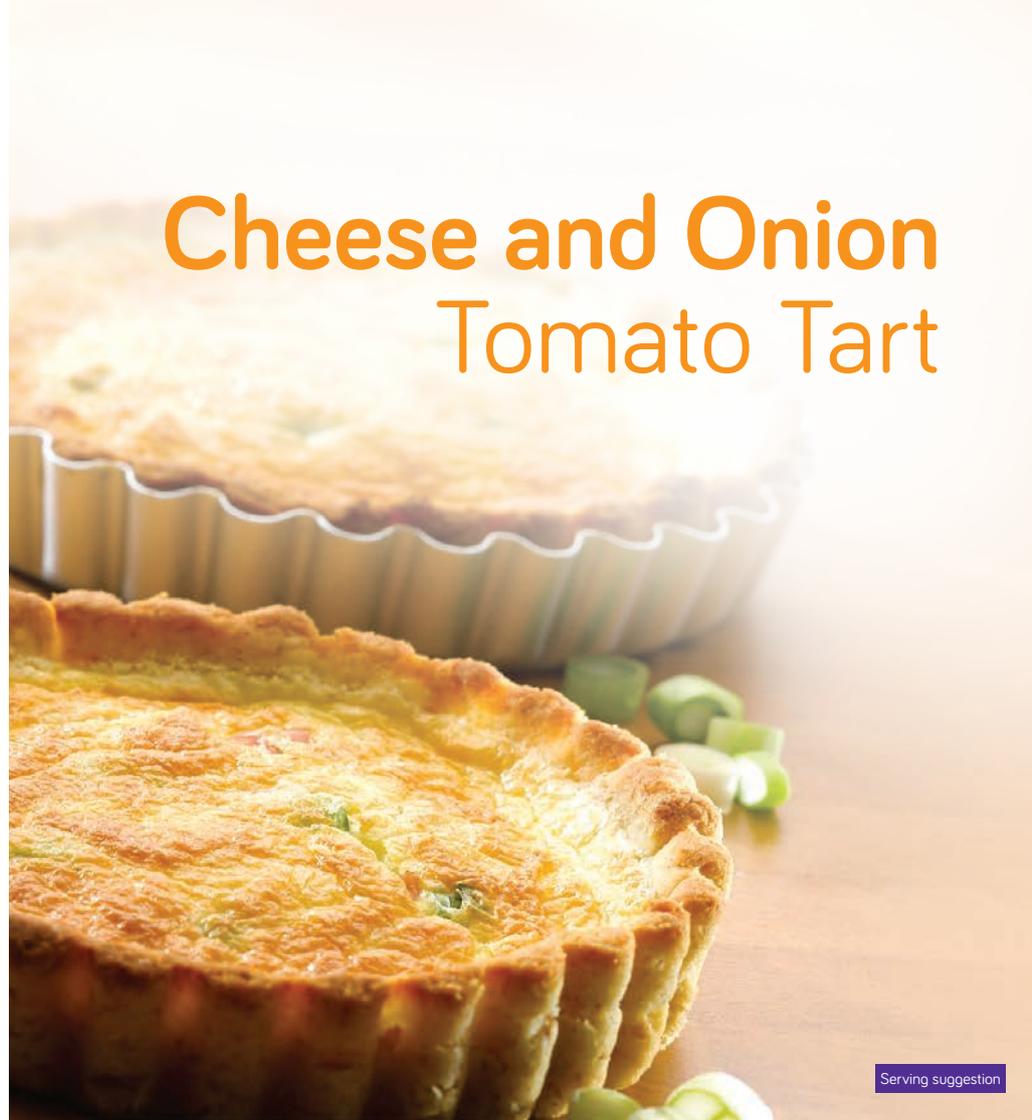
Recipe serves: 1

Preparation time: 10 mins

Cooking time: 12 mins



Cheese and Onion Tomato Tart



Serving suggestion

Cheese and Onion Tomato Tart



	Approx per serving
Fat	37.7g
Protein	7.5g
Carbohydrate	1.9g
kcal value	377
Ketogenic ratio	4:1

Ingredients:

- 15g KetoCal 4:1 Powder (Unflavoured)
- 16g TRS or East End coconut flour
- 7g butter
- 5g water
- 7g chopped tomato
- 5g chopped spring onion
- 5g full fat cream cheese
- 5g olive oil
- 25g beaten egg
- 4g grated cheddar cheese



Method:

1. Preheat oven to 160°C/gas mark 2-3
2. Place coconut flour, KetoCal 4:1 and butter in bowl, rub in butter with fingertips
3. Sprinkle water over 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, onion, cream cheese, oil, egg and 2g cheese together and fill tartlet tin
6. Sprinkle remaining cheese on top
7. Cook 10-12 minutes or until golden brown

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Skill Rating



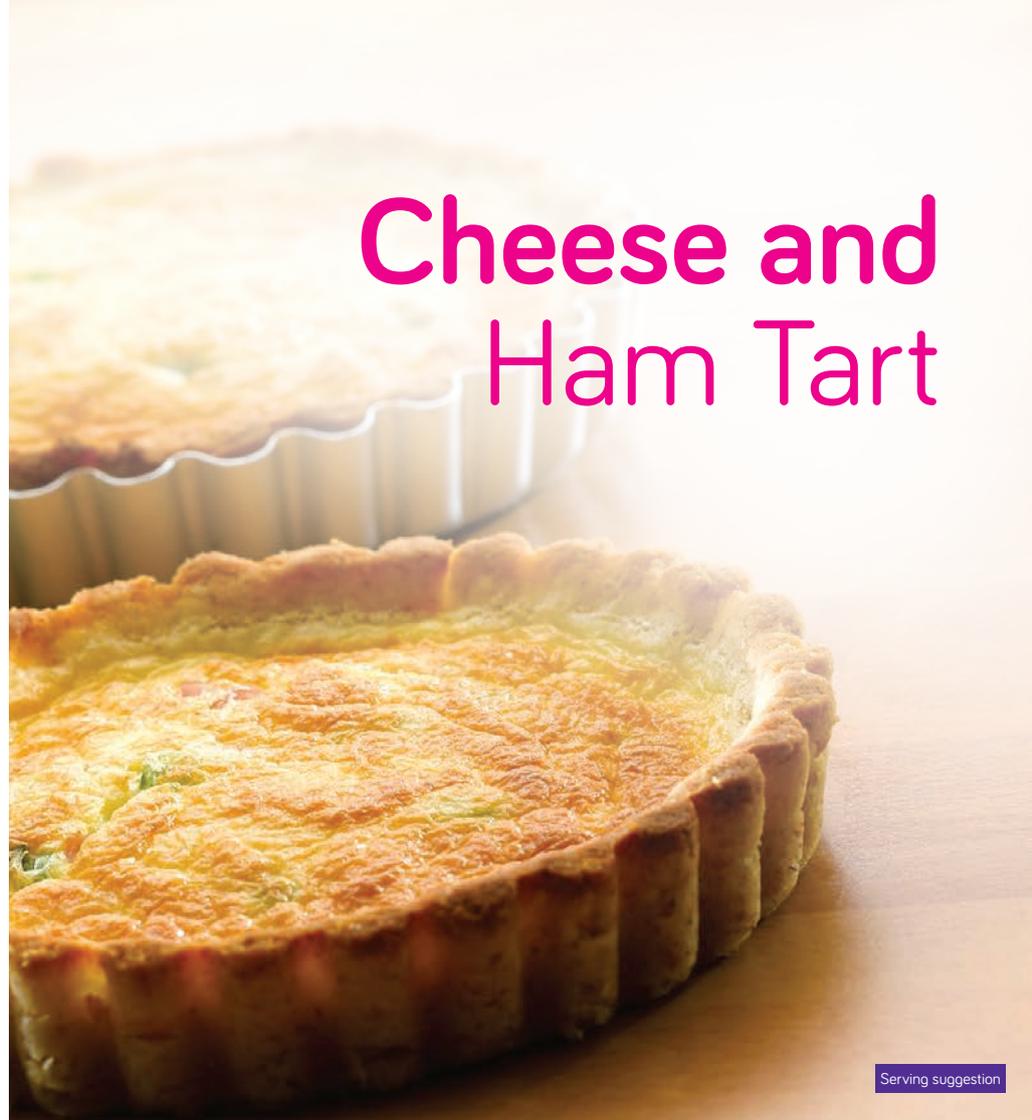
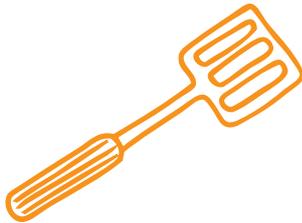
Novice

Expert

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 12 mins



Cheese and Ham Tart

Serving suggestion

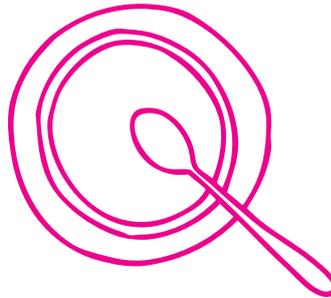
Cheese and Ham Tart



	Approx per serving
Fat	31.3g
Protein	6.5g
Carbohydrate	1.3g
kcal value	313
Ketogenic ratio	4:1

Ingredients:

- 15g KetoCal 4:1 Powder (Unflavoured)
- 13g TRS or East End coconut flour
- 6g butter
- 5g water
- 20g beaten egg
- 2g chopped ham
- 3g chopped mushroom
- 4g full fat cream cheese
- 3g olive oil
- 2g grated cheddar cheese



Method:

1. Preheat oven to 160°C/gas mark 3
2. Place coconut flour, KetoCal 4:1 and butter in bowl, rub in butter with fingertips
3. Sprinkle water over 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 egg, ham, mushroom, cream cheese, oil and 1g cheddar cheese together and fill tartlet tin
6. Sprinkle remaining cheese on top
7. Cook 10-12 mins or until golden

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Skill Rating

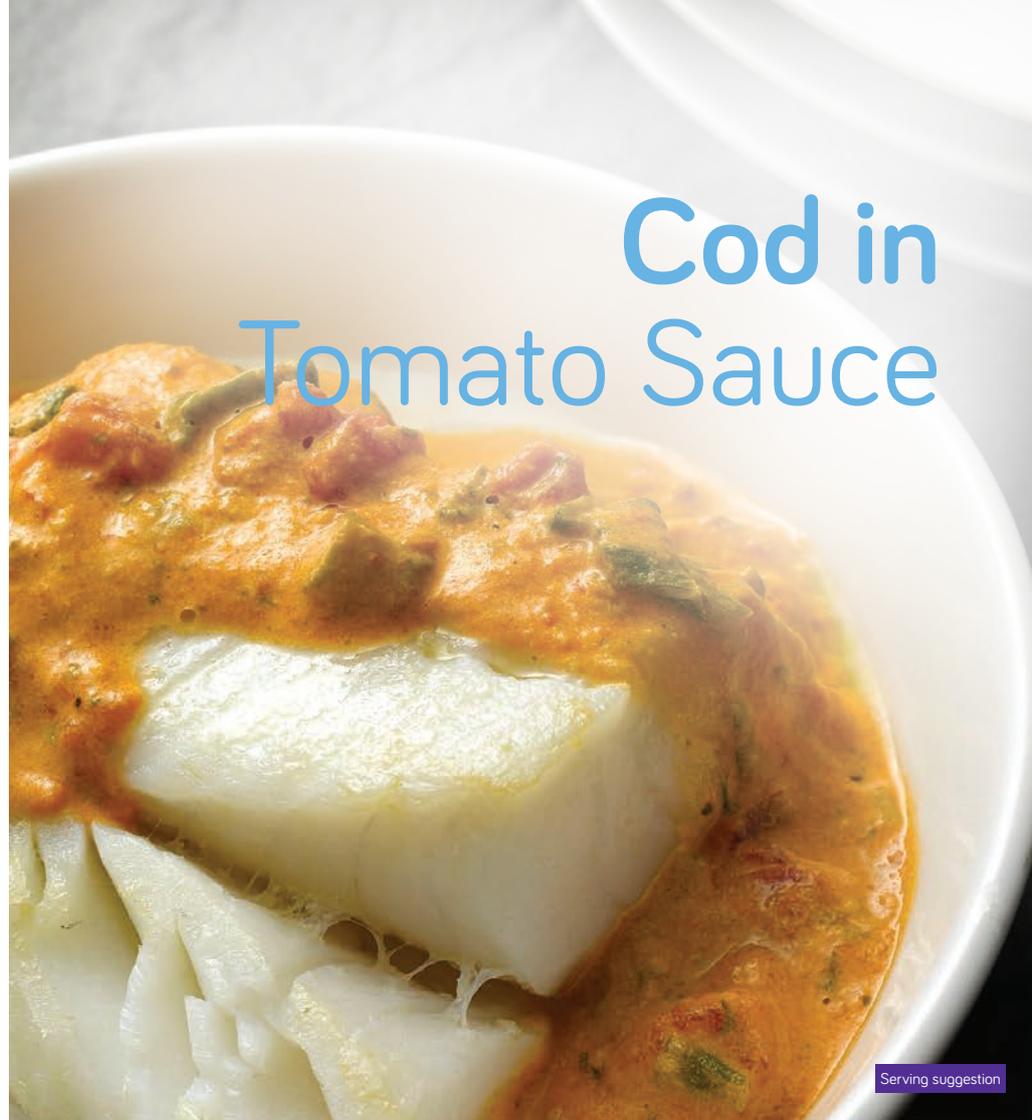
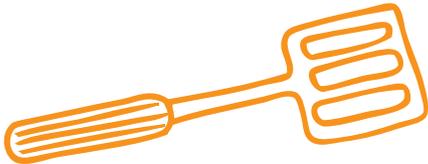


Novice

Expert

Recipe serves: 1

Preparation time: 20 mins



Cod in Tomato Sauce

Cod in Tomato Sauce



Approx per serving	
Fat	31.4g
Protein	6.4g
Carbohydrate	1.5g
kcal value	314
Ketogenic ratio	4:1

Ingredients:

14g KetoCal 4:1 powder (Unflavoured)
19g olive oil
4g Gia garlic puree
6g chopped spring onion
3g Gia tomato puree
25g tinned chopped tomatoes
18g cod
Pinch of oregano

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Method:

1. Place 16g 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

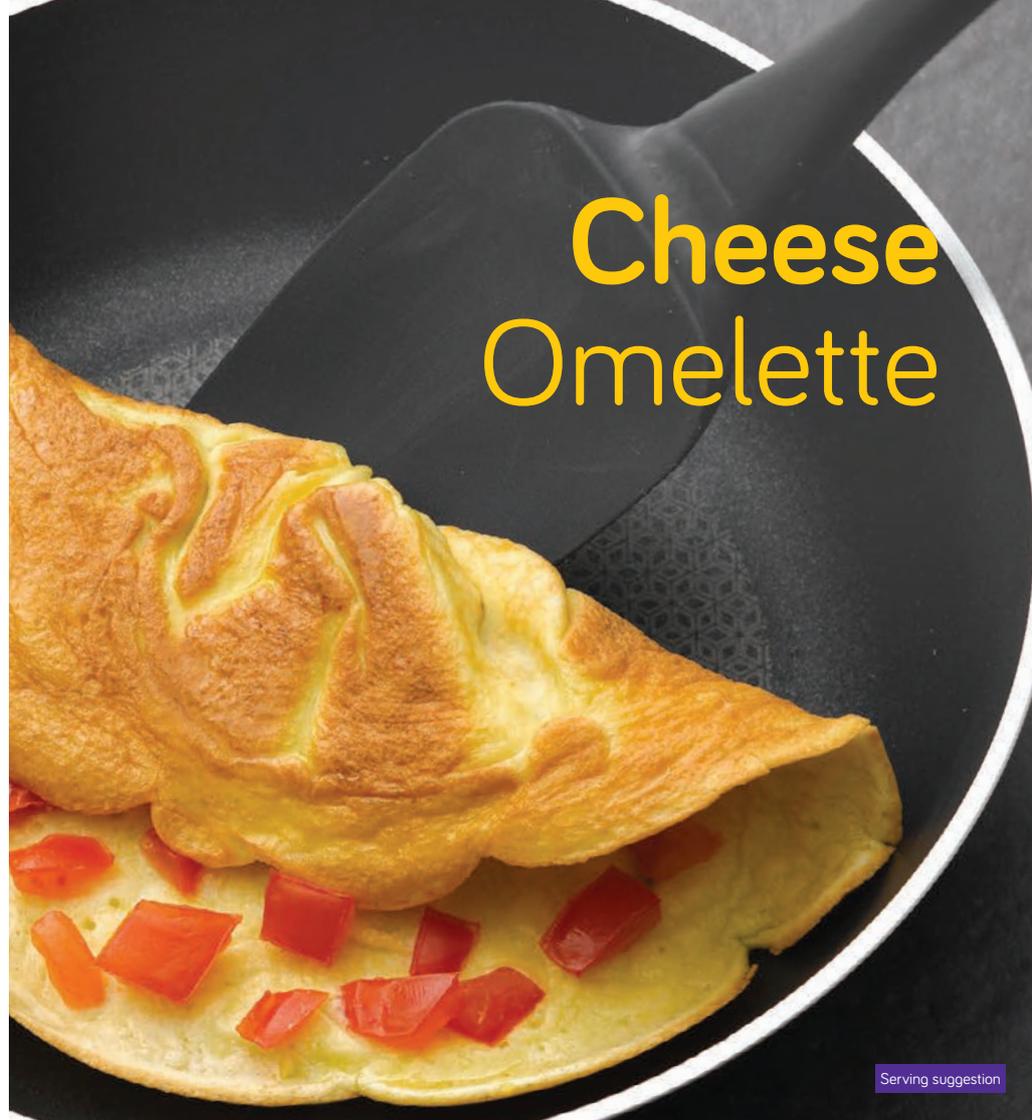
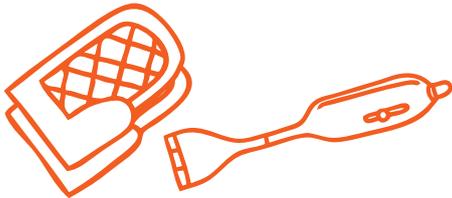


Novice

Expert

Recipe serves: 1

Preparation time: 15 mins



Cheese Omelette

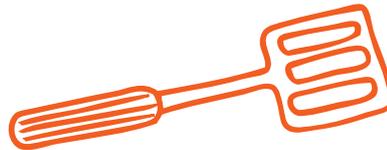
Cheese Omelette



Approx per serving	
Fat	25.3g
Protein	5.8g
Carbohydrate	0.6g
kcal value	253
Ketogenic ratio	4:1

Ingredients:

- 10g KetoCal 4:1 powder (Unflavoured)
- 23g egg white
- 9g egg yolk
- 15g olive oil
- 2g grated Parmesan cheese
- 9g finely chopped tomato



Method:

1. Beat together egg white, egg yolk, KetoCal 4:1 and 7g olive oil
2. Heat remaining 8g 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

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Cheese and Mushroom Scrambled Eggs

Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins



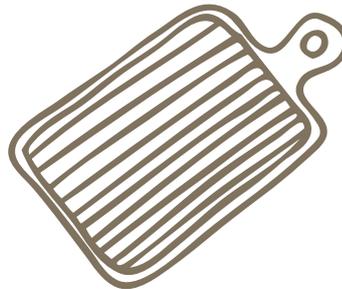
Cheese and Mushroom Scrambled Eggs



Approx per serving	
Fat	24.3g
Protein	5.8g
Carbohydrate	0.3g
kcal value	243
Ketogenic ratio	4:1

Ingredients:

- 10g KetoCal 4:1 powder (Unflavoured)
- 23g egg white
- 9g egg yolk
- 14g 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

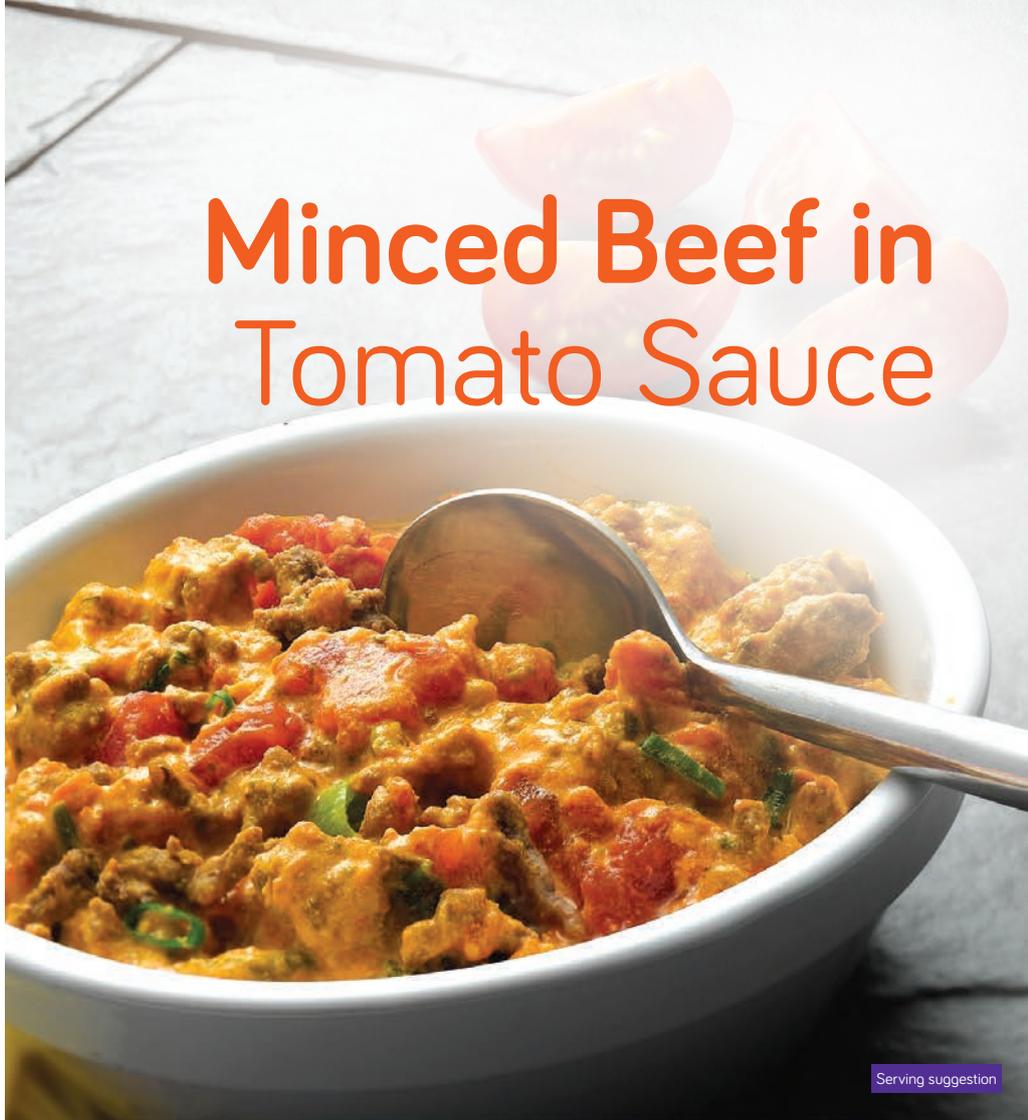
Expert

Recipe serves: 1

Preparation time: 20 mins



Minced Beef in Tomato Sauce



Serving suggestion

Minced Beef in Tomato Sauce



Approx per serving	
Fat	34.5g
Protein	7g
Carbohydrate	1.5g
kcal value	344
Ketogenic ratio	4:1

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)
21g olive oil
25g minced beef
4g Gia garlic puree
7g chopped spring onion
3g Gia tomato puree
30g tinned chopped tomatoes
Pinch of oregano



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. 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 (do not boil) and serve immediately



Skill Rating

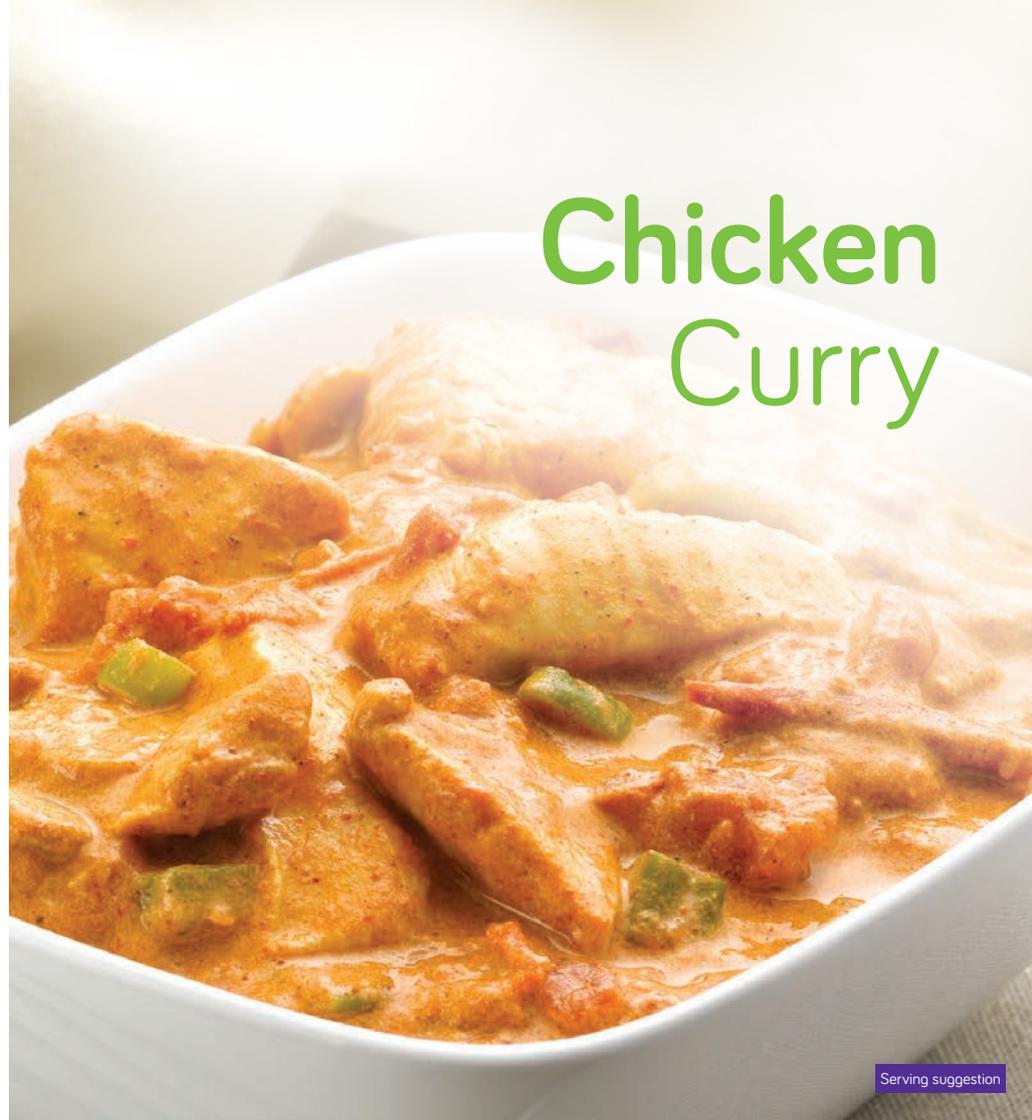


Novice

Expert

Recipe serves: 1

Preparation time: 35 mins



Chicken Curry

Serving suggestion

Chicken Curry



Approx per serving	
Fat	30.4g
Protein	5.7g
Carbohydrate	1.9g
kcal value	304
Ketogenic ratio	4:1

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)	3g Gia garlic puree
21g olive oil	15g tinned chopped tomatoes
14g diced raw chicken	2g curry powder
10g chopped mushroom	10g water
10g chopped green pepper	
3g Gia tomato puree	
8g chopped spring onion	



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 curry (do not boil) and serve immediately

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Skill Rating

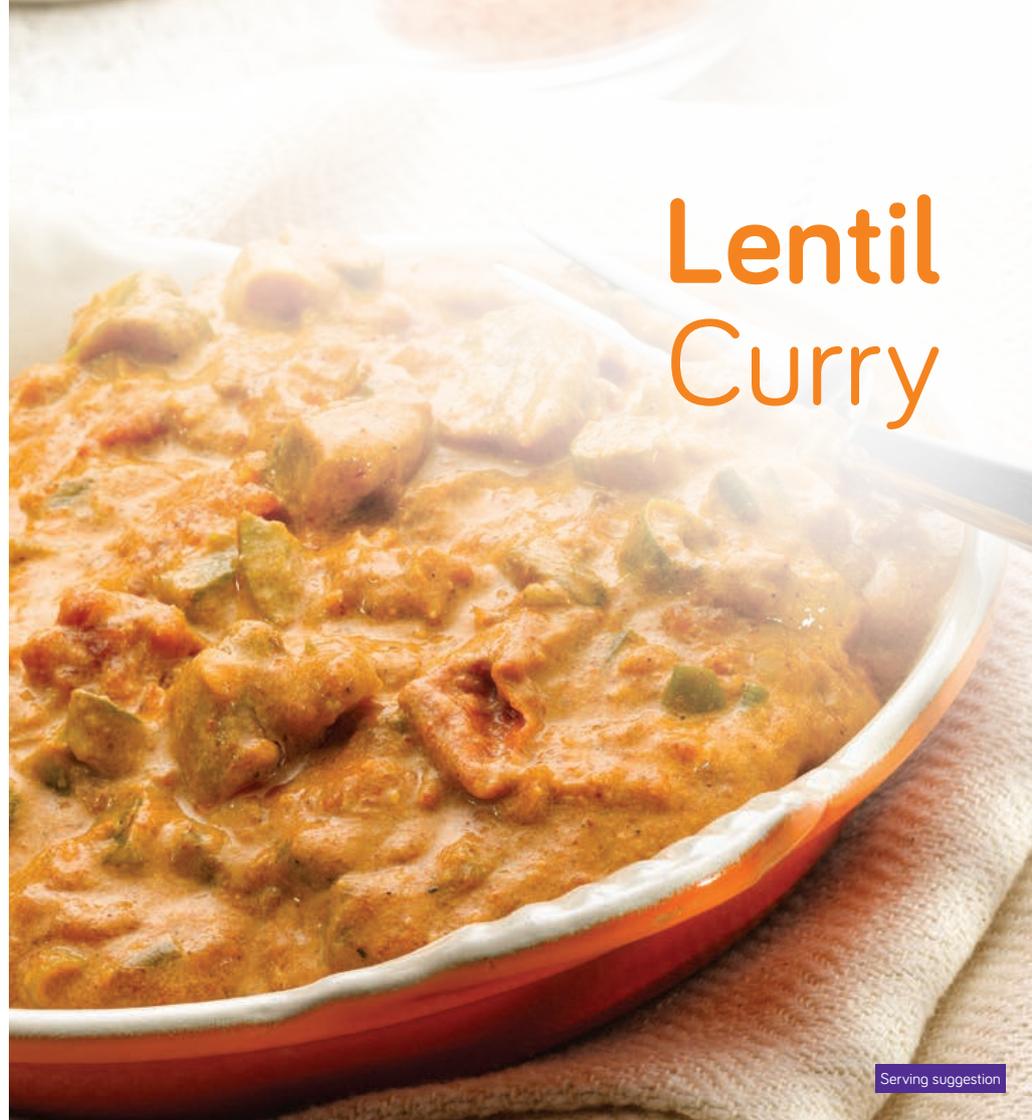
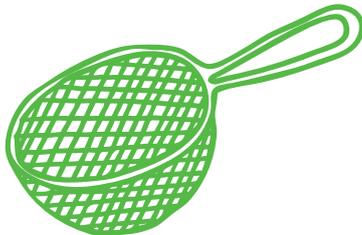


Novice

Expert

Recipe serves: 1

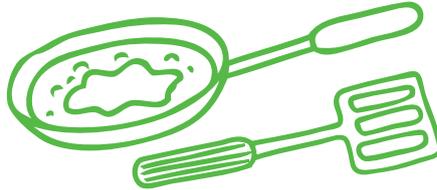
Preparation time: 35 mins



Lentil Curry

Serving suggestion

Lentil Curry



Serving suggestion

Approx per serving	
Fat	29.4g
Protein	3.4g
Carbohydrate	4g
kcal value	294
Ketogenic ratio	4:1

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)	2g curry powder
20g olive oil	3g Gia garlic puree
15g chopped mushroom	12g canned chopped tomatoes
10g chopped green pepper	12g boiled red lentils
10g chopped spring onion	10g water
3g Gia tomato puree	

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

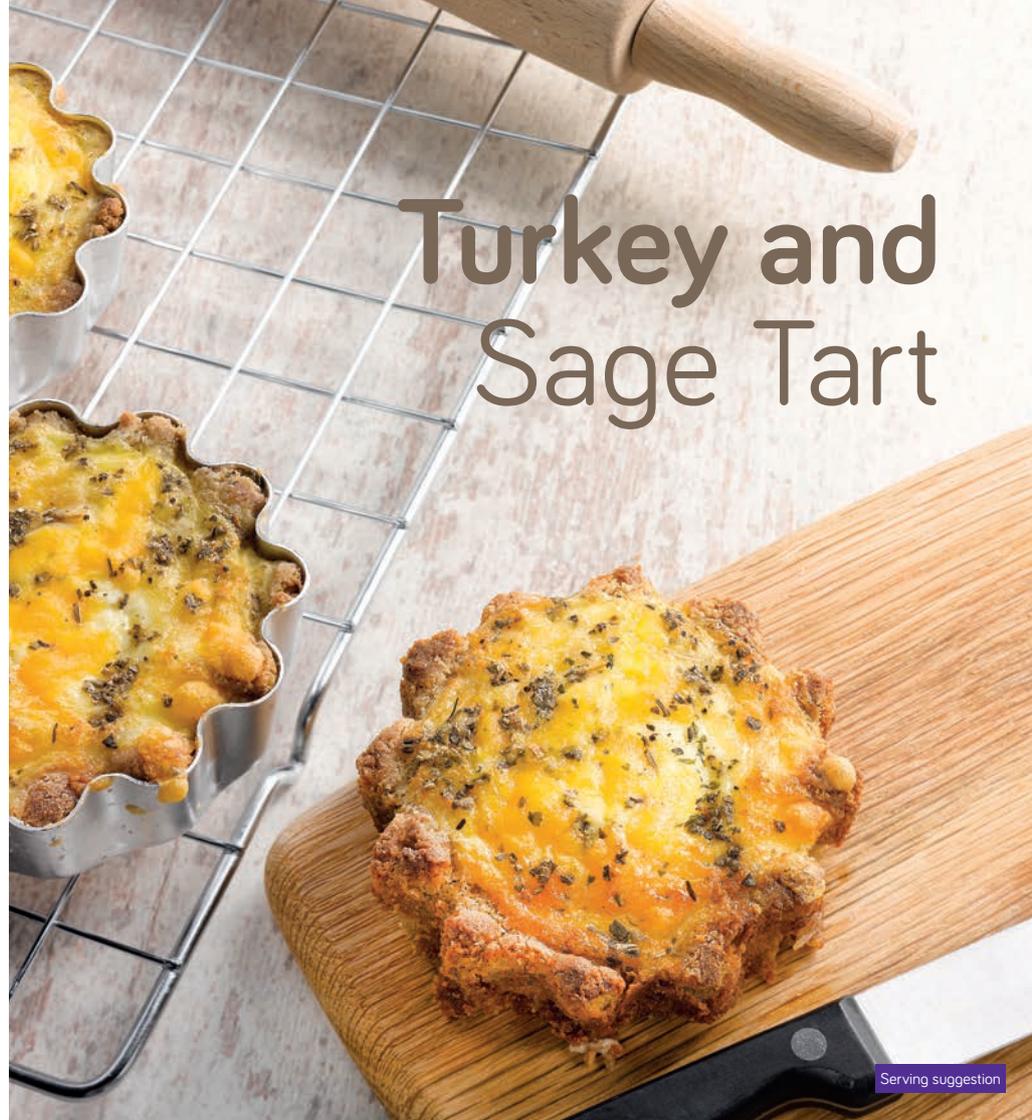


Novice

Expert

Recipe serves: 1

Preparation time: 30 mins



Turkey and Sage Tart

Serving suggestion

Turkey and Sage Tart



Approx per serving	
Fat	43.8g
Protein	8.3g
Carbohydrate	2.6g
kcal value	438
Ketogenic ratio	4:1

Ingredients:

17g KetoCal 4:1 powder (Unflavoured)	16g beaten egg
8g butter	8g olive oil
3g grated cheddar cheese	4g sage and onion stuffing
14g East End coconut flour	5g roasted turkey light meat
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 4:1 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



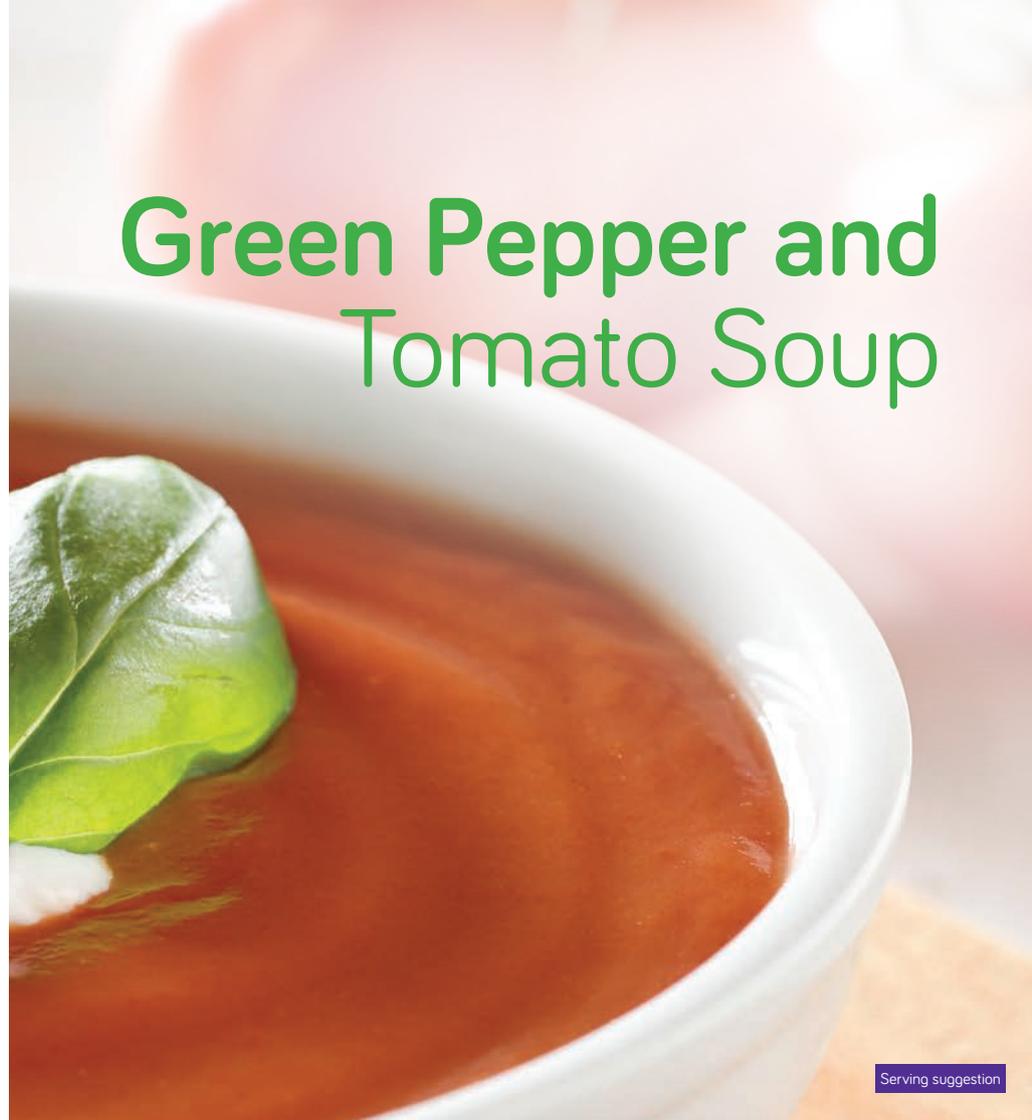
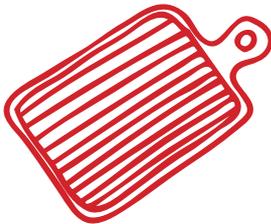
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 15 mins



Serving suggestion

Green Pepper and Tomato Soup



	Approx per serving
Fat	26.2g
Protein	3.2g
Carbohydrate	3.4g
kcal value	262
Ketogenic ratio	4:1

Ingredients:

60ml KetoCal 4:1 LQ (Unflavoured)
29g green pepper
2g Gia garlic puree
2g Gia tomato puree
10g olive oil
2g chicken stock cube
100g water
49g canned tomatoes
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



Serving suggestion

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 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
6. Add cream to top of soup 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.



Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

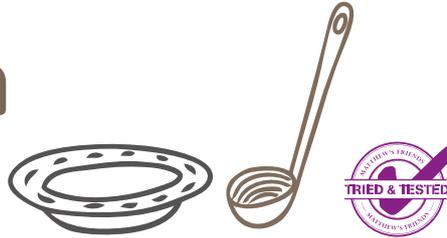
Cooking time: 15 mins



Mushroom Soup



Mushroom Soup



Approx per serving	
Fat	25.8g
Protein	4.6g
Carbohydrate	1.9g
kcal value	258
Ketogenic ratio	4:1

Ingredients:

60ml KetoCal 4:1 LQ (Unflavoured)
20g spring onions
79g mushrooms
9g olive oil
2g Gia garlic puree
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

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Method:

1. Place spring onions, mushrooms, oil and garlic puree in 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 to the soup and heat for a further min
5. Blend until smooth
6. Add cream to top of soup and serve



Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 5 mins

Cooking time: 5 mins



Tomato Sauce



Serving suggestion

Tomato Sauce



	Approx per serving
Fat	16g
Protein	2.3g
Carbohydrate	1.7g
kcal value	160
Ketogenic ratio	4:1

Ingredients:

10g KetoCal 4:1 Powder (Unflavoured)
8g olive oil
1g Gia garlic puree
10g chopped spring onion
11g chopped mushroom
2g Gia tomato puree
35g canned chopped tomatoes
Oregano (optional)

Chef's tip:

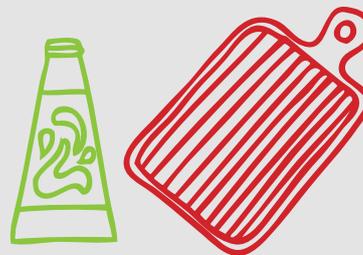
To batch make sauce multiply ingredients by how many servings you wish to make and divide mixture into equal amounts



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 4:1 until dissolved



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Skill Rating



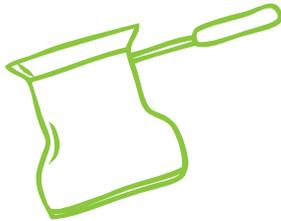
Novice

Expert

Recipe serves: 1

Preparation time: 5 mins

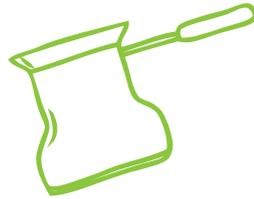
Cooking time: 5 mins



Cheese Sauce

Serving suggestion

Cheese Sauce



	Approx per serving
Fat	13.5g
Protein	3.1g
Carbohydrate	0.3g
kcal value	135
Ketogenic ratio	4:1

Ingredients:

50ml KetoCal 4:1 LQ (Unflavoured)
4g olive oil
6g 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



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



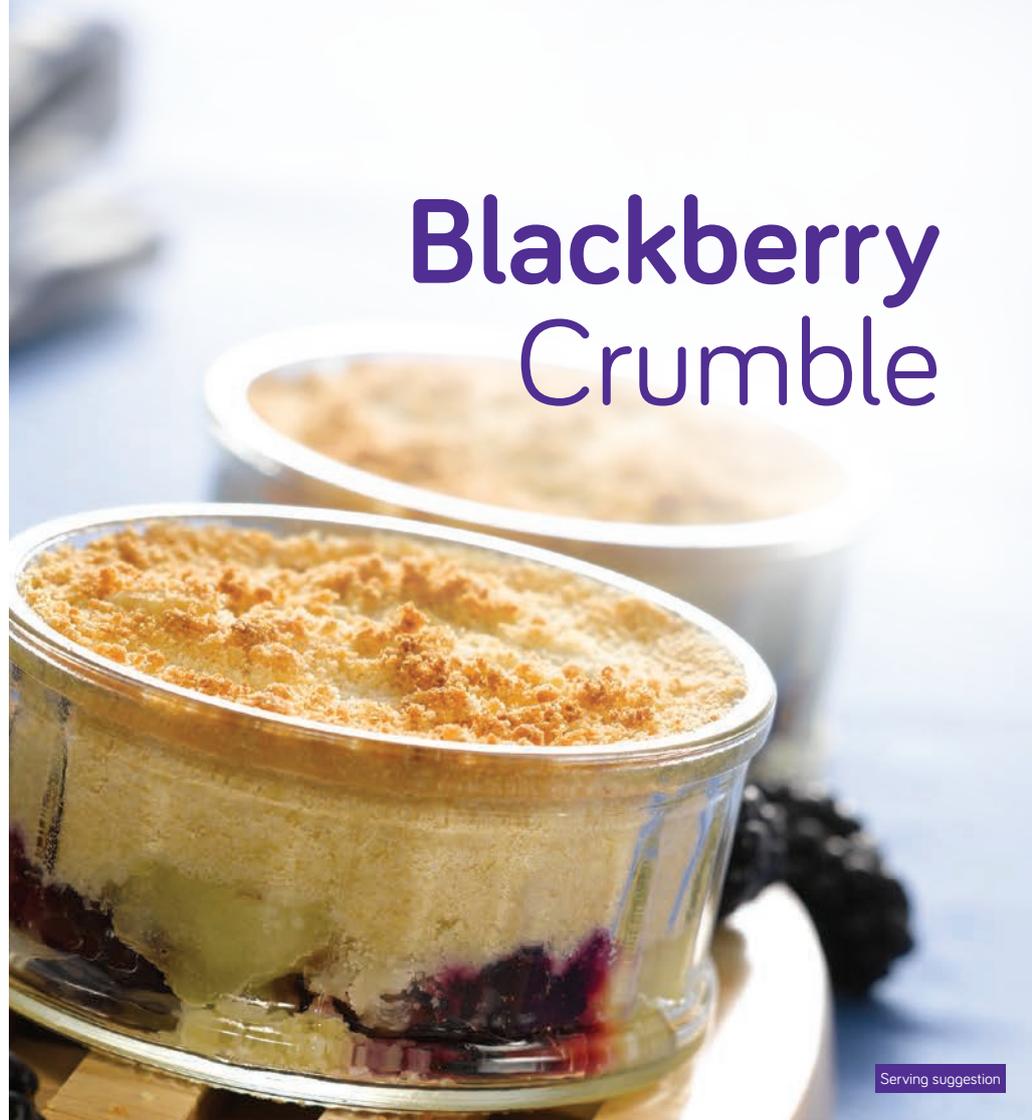
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 10 mins



Blackberry Crumble

Serving suggestion

Blackberry Crumble



	Approx per serving
Fat	29g
Protein	3.9g
Carbohydrate	3.4g
kcal value	290
Ketogenic ratio	4:1

Ingredients:

18g KetoCal 4:1 Powder (Vanilla)
8g butter
16g TRS or East End coconut flour
Hermesetas liquid sweetener
35g blackberries

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 4:1, butter, coconut flour and a big squirt of sweetener into a bowl
3. Rub in butter with fingertips to make fine crumbs
4. Place blackberries in small ovenproof dish and cover with crumble topping
5. Bake in the oven for 10 mins or until golden brown

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



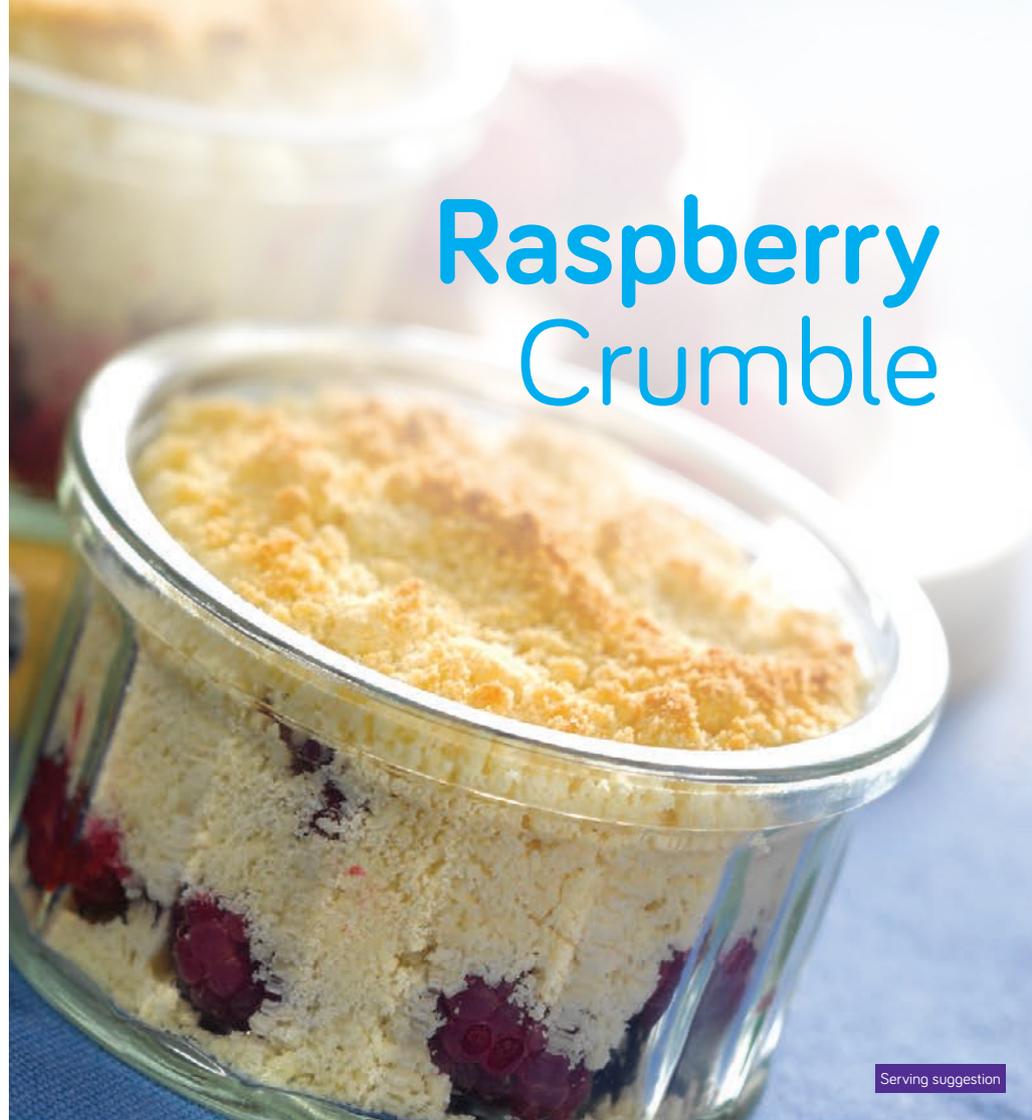
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 10 mins



Raspberry Crumble

Serving suggestion

Raspberry Crumble



	Approx per serving
Fat	28.4g
Protein	4g
Carbohydrate	3.1g
kcal value	284
Ketogenic ratio	4:1

Ingredients:

18g KetoCal 4:1 Powder
(Vanilla or Unflavoured)
8g butter
15g TRS or East End coconut flour
Hermesetas liquid sweetener
35g raspberries

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 4:1, butter, coconut flour 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





Skill Rating



Novice

Expert

Recipe makes: 3 pancakes

Preparation time: 10 mins

Cooking time: 10 mins



Pancakes

Serving suggestion

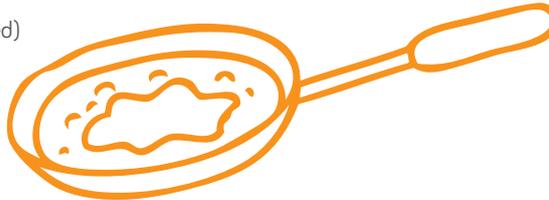
Pancakes



	Approx per serving
Fat	33.1g
Protein	7.4g
Carbohydrate	0.9g
kcal value	331
Ketogenic ratio	4:1

Ingredients:

- 26g KetoCal 4:1 powder (Unflavoured)
- 6g butter
- 28g beaten egg
- 5g fresh double cream
- 4g olive oil
- 4g water



Method:

1. Melt butter, stir in egg, cream and oil and mix well
2. Mix KetoCal 4:1 and water, then add 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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Skill Rating



Novice

Expert

Recipe serves: 10

Preparation time: 10 mins

Chilling time: 2-3 hrs



Chocolate Ice Cream



Chocolate Ice Cream



	Approx per serving
Fat	10.5g
Protein	1.8g
Carbohydrate	0.8g
kcal value	104
Ketogenic ratio	4:1

Ingredients:

60g KetoCal 4:1 Powder (Vanilla or Unflavoured)
20g olive oil
120g water
14g Bournville cocoa powder
209g fresh single cream
Hermesetas liquid sweetener

Chef's tip:

Please take care not to use drinking chocolate



Method:

1. Mix together KetoCal 4:1, cocoa powder, water, olive oil, 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

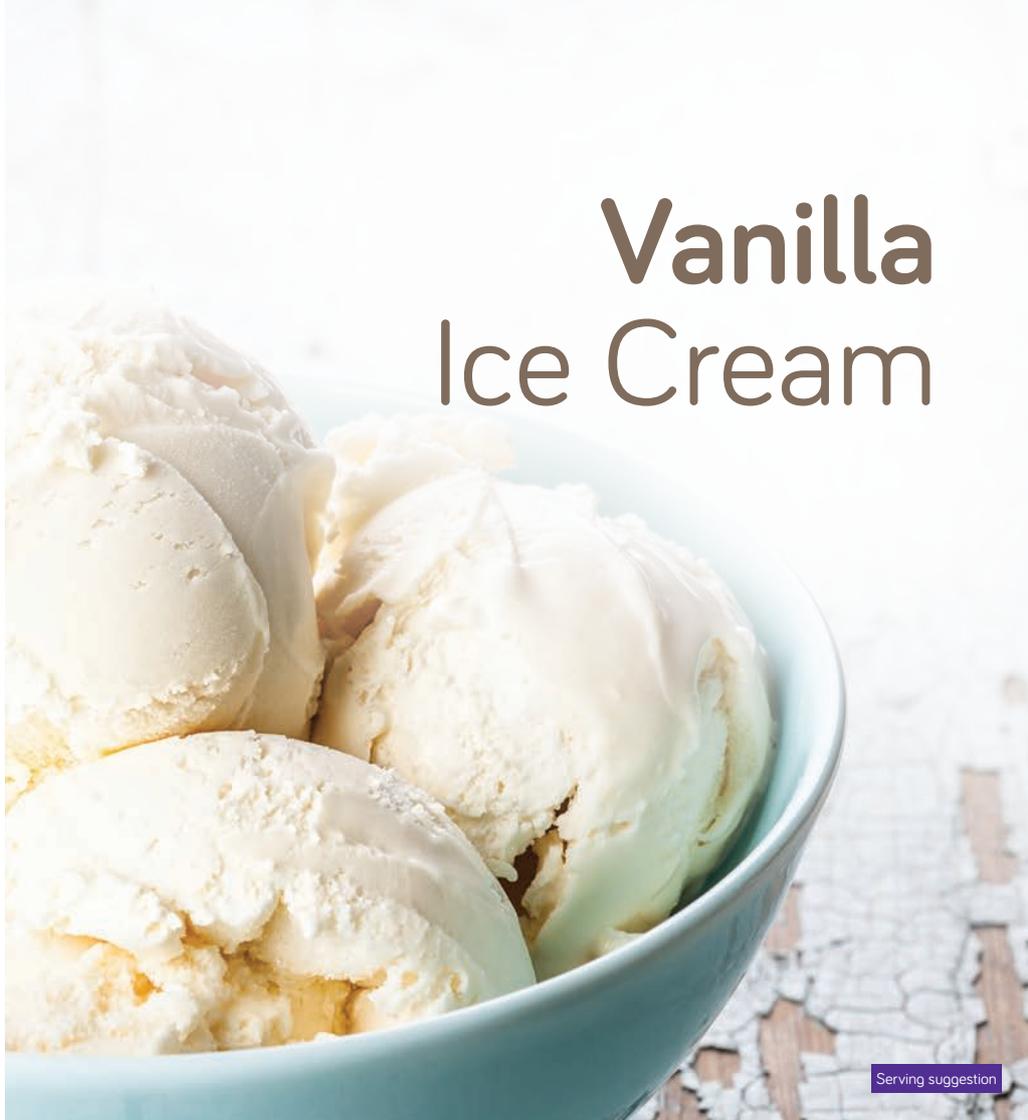
Recipe serves: 6

Preparation time: 10 mins

Chilling time: 2-3 hrs



Vanilla Ice Cream



Serving suggestion

Vanilla Ice Cream



	Approx per serving
Fat	10.6g
Protein	2g
Carbohydrate	0.7g
kcal value	106
Ketogenic ratio	4:1

Ingredients:

60g KetoCal 4:1 Powder (Vanilla)
3g olive oil
100g fresh single cream
240g water
4 drops carb free vanilla extract
Hermesetas liquid sweetener



Method:

1. Mix KetoCal 4:1, oil, 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 6 servings



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Skill Rating



Novice

Expert

Recipe serves: 4

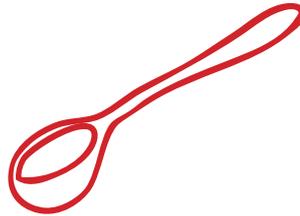
Preparation time: 10 mins

Chilling time: 10 mins



Creamy Jelly

Creamy Jelly



	Approx per serving
Fat	47.6g
Protein	9.8g
Carbohydrate	2g
kcal value	476
Ketogenic ratio	4:1

Ingredients:

200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
5g Hartley sugar free jelly crystals
25g water
22g 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. Divide the mixture into 4 and pour into 4 individual moulds, refrigerate until set



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Skill Rating



Novice

Expert

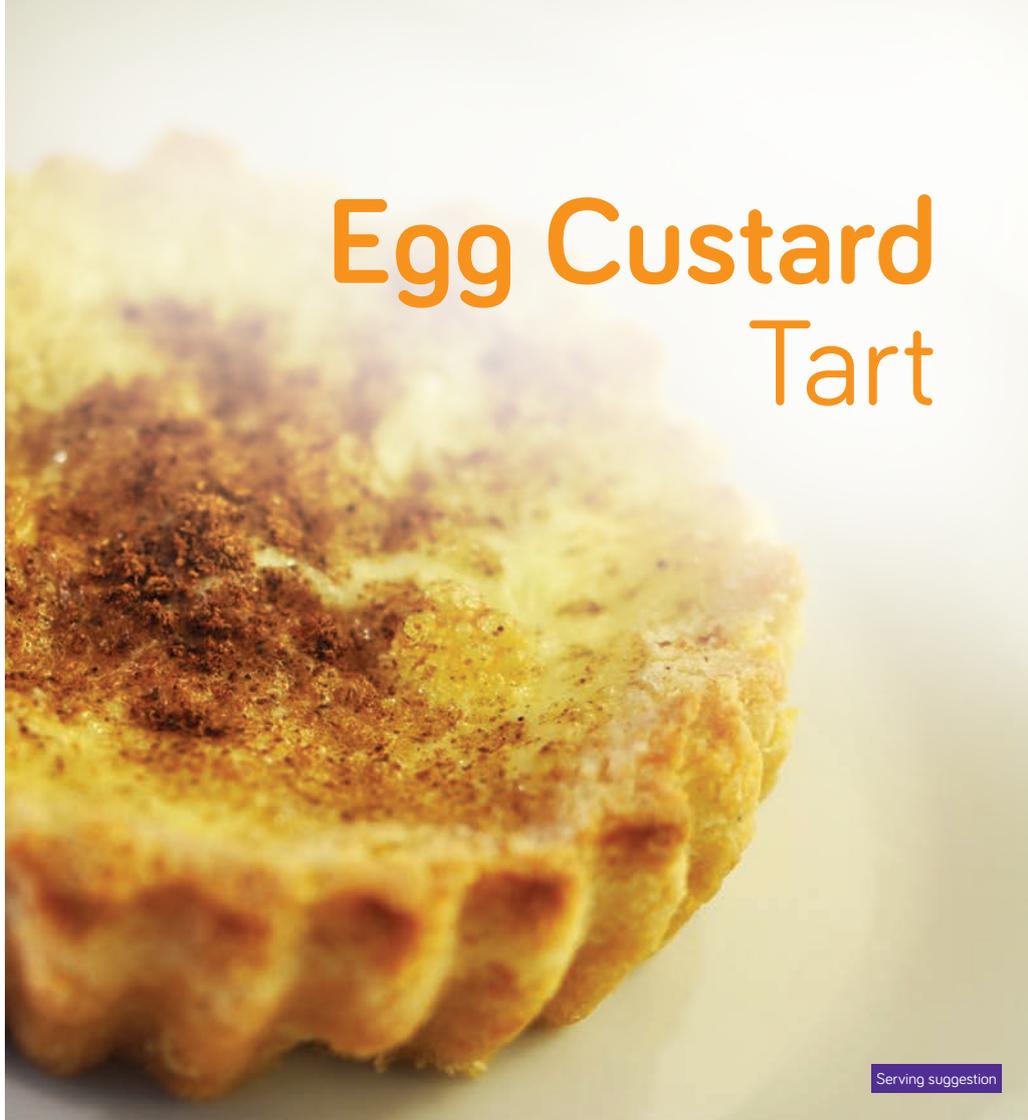
Recipe serves: 1

Preparation time: 20 mins

Cooking time: 12 mins



Egg Custard Tart



Serving suggestion

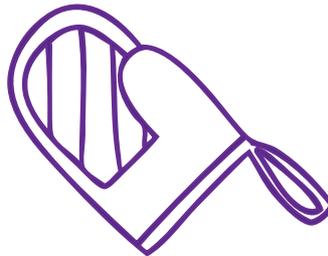
Egg Custard Tart



	Approx per serving
Fat	36.7g
Protein	7.6g
Carbohydrate	1.6g
kcal value	367
Ketogenic ratio	4:1

Ingredients:

15g KetoCal 4:1 Powder (Vanilla or Unflavoured)
16g TRS or East End coconut flour
5g butter
5g water
6g olive 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 4:1, 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 egg and fill tartlet tin
6. Cook for 10-12 mins or until golden brown

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Skill Rating



Novice

Expert

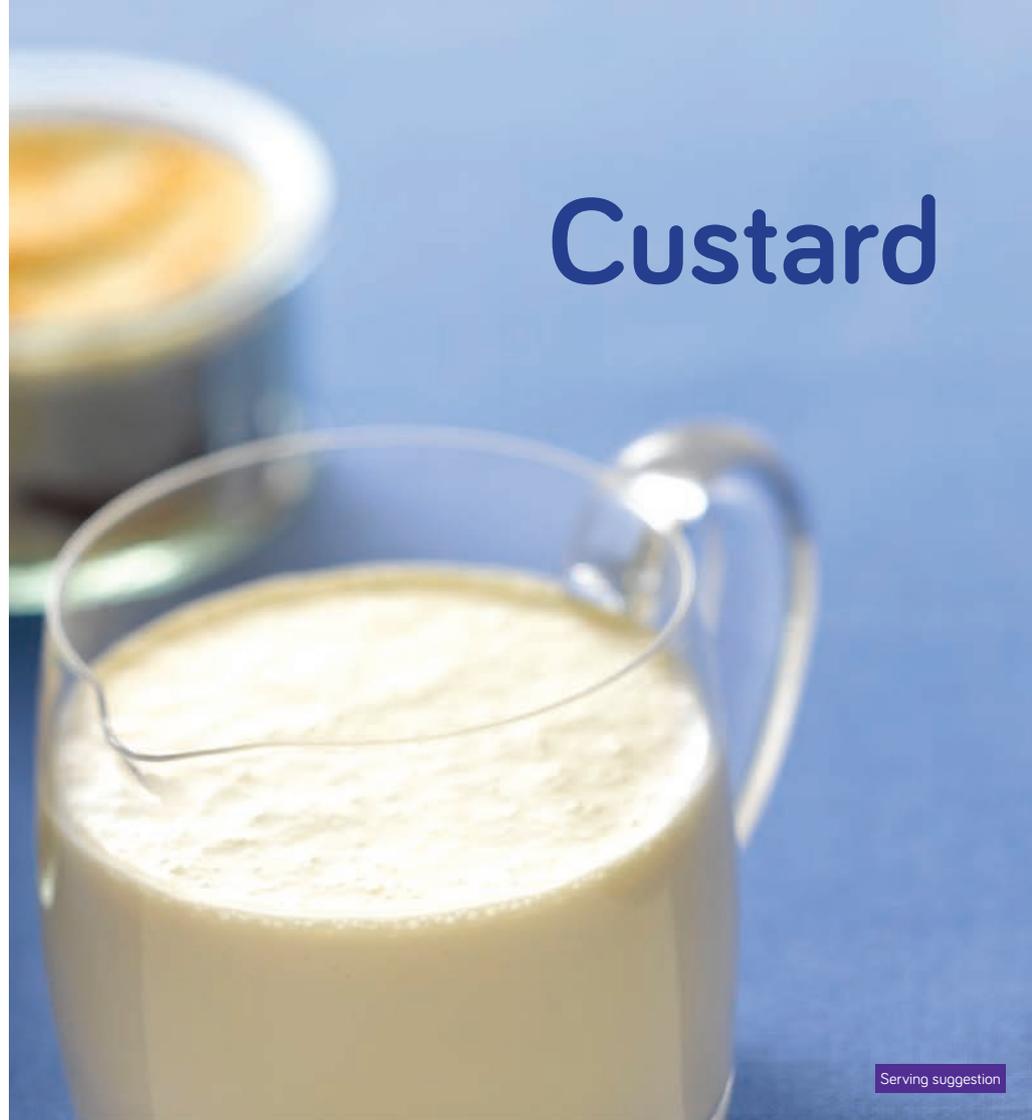
Recipe serves: 1

Preparation time: 5 mins

Cooking time: 5 mins



Custard



Serving suggestion

Custard



	Approx per serving
Fat	41.4g
Protein	6.2g
Carbohydrate	4.2g
kcal value	414
Ketogenic ratio	4:1

Ingredients:

200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
7g sunflower oil
9g double cream
3g custard powder
30g water
Hermesetas liquid sweetener



Method:

1. Place KetoCal 4:1 LQ, oil and cream in a pan, heat but do not boil
2. Mix custard powder with hot 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

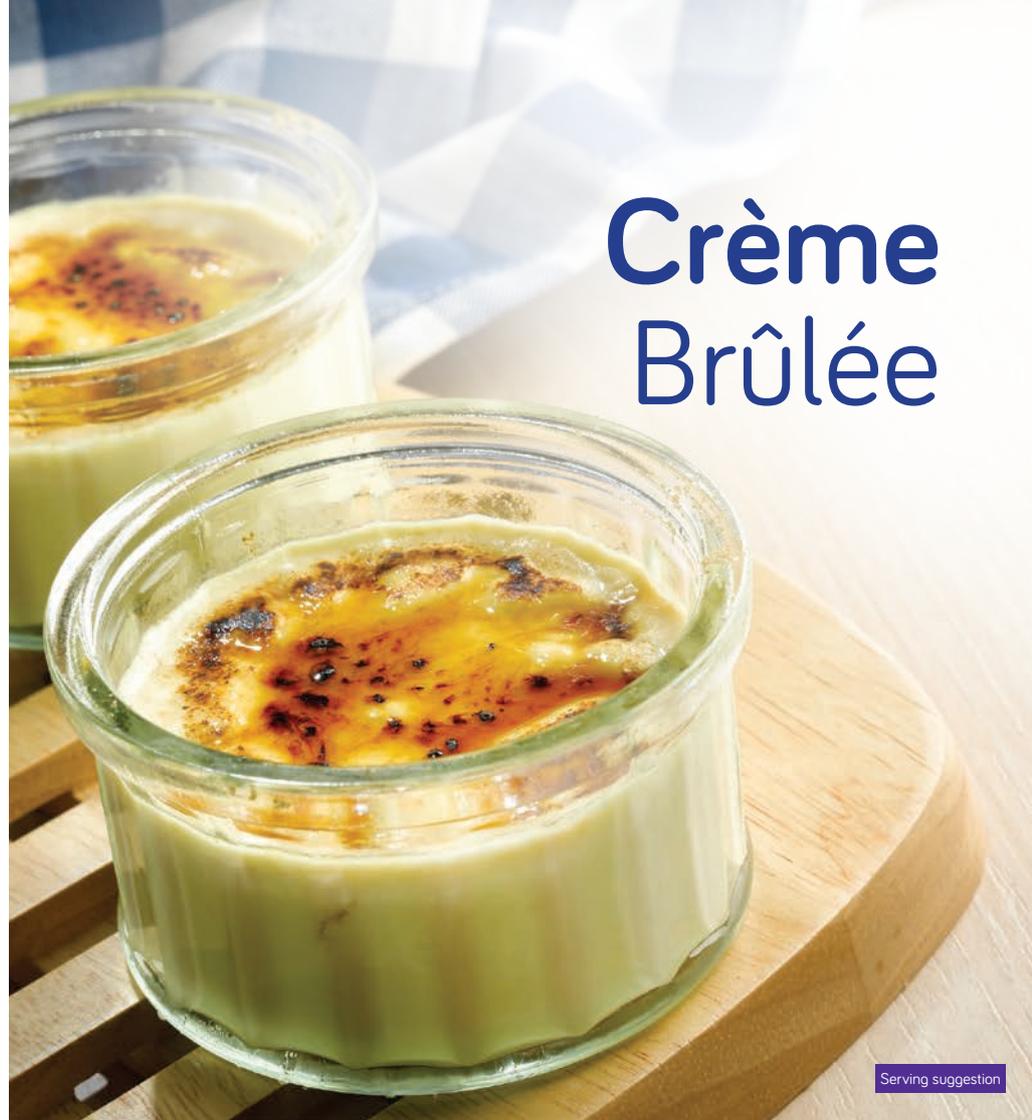


Recipe serves: 1

Preparation time: 20 mins

Cooking time: 10 mins

Chill time: 2 hours



Crème Brûlée

Serving suggestion

Crème Brûlée



	Approx per serving
Fat	38.2g
Protein	8.1g
Carbohydrate	1.4g
kcal value	382
Ketogenic ratio	4:1

Ingredients:

60ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
39g fresh double cream
Hermesetas liquid sweetener
2 drops carb free vanilla extract
35g beaten egg yolk
1.5g Truvia



Method:

1. Beat egg yolks thoroughly
2. Heat double cream, KetoCal 4:1 LQ, squirt of sweetener and vanilla extract until hot in a double saucepan or basin standing in a pan over hot water
3. Pour mixture over 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. Add the mixture to a flame proof dish and chill for 2 hrs
8. Sprinkle Truvia over top
9. Place dish under hot grill until Truvia 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



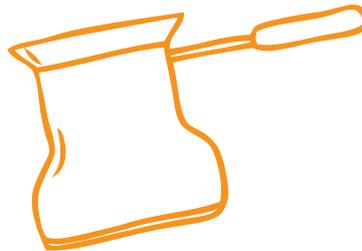
Strawberry Panna Cotta



	Approx per serving
Fat	34.9g
Protein	5.6g
Carbohydrate	3.1g
kcal value	349
Ketogenic ratio	4:1

Ingredients:

60ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
30g double cream
20g Yeo Valley crème fraîche
4g Hartley sugar free jelly crystals
21g 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, beat until smooth, add strawberries
3. Pour into a dish or mould and chill in fridge



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