NUTRITIOUS SOUP FOR PURPLE DAY

- 10g Onion
- 35g Celeriac
- 0.5g Beetroot powder – MOUNTAIN FRESH HEALTH FOODS (available from Amazon / carb amount per 100g is 84g)
- 40g Double cream - MORRISONS
- 9g Olive oil
- 11g Streaky bacon

You will also need some stock made with ¼ KNORR stock cube (chicken or vegetable) and 200mls of hot water.

Chop the onion, bacon and celeriac then fry gently in the oil for 5 minutes – don’t let it brown!

Pour in half of the stock and simmer until tender.

Add the beetroot powder.

Liquidise with a hand blender, if it is really thick add some more of the hot stock.

Stir over a gentle heat then add the cream and stir until hot – not boiling!!

Mo’s tip: If you do not want to buy the beetroot powder you could use purple food colouring plus an extra 3g of onion to make up the ratio. Beetroot powder does have lots of good nutrients and can be used to enrich many recipes. You don’t need a lot but it does have to be counted in to ratios. ¼ teaspoon equals 0.5g

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION