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!

Always consult with a specialist dietitian before commencing a ketogenic diet. KetoCal is a Food for Special Medical Purposes for use under medical supervision.
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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!
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.

Ketocal is a Food for Special Medical Purposes for use under medical supervision.
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.

Ketocal is a Food for Special Medical Purposes for use under medical supervision
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.
Blueberry Smoothie

Skill Rating
Novice - Expert

Recipe serves: 1
Preparation time: 10 mins
Blueberry Smoothie

Ingredients:

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

Method:

1. Place KetoCal 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

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Raspberry Smoothie

Recipe serves: 1
preparation time: 10 mins
# Raspberry Smoothie

**Method:**

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

**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

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Please refer to your dietitian before making any adaptations to the recipes.
Strawberry Smoothie

Recipe serves: 1
preparation time: 10 mins

Skill Rating

Novice

Expert
Strawberry Smoothie

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

Approx per serving

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Chef’s tip:
Sieve blended smoothie to remove any seeds

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

Please refer to your dietitian before making any adaptations to the recipes
Chocolate Smoothie

Skill Rating
Novice ★★☆☆☆  Expert ★★★★★

Recipe serves: 1
preparation time: 10 mins
Chocolate Smoothie

Method:
1. Melt the dark chocolate in a microwave
2. Place KetoCal 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)

Approx per serving

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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

Please refer to your dietitian before making any adaptations to the recipes
Recipe serves: 1
preparation time: 2 mins

Skill Rating

Novice  Expert
Milkshake

Ingredients:
- 200ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
- 31g semi-skimmed milk
- 5g Da Vinci Syrup*

Approx per serving

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Method:
Mix a carton of KetoCal LQ with semi-skimmed milk and then add Da Vinci flavoured syrup* to taste

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

Please refer to your dietitian before making any adaptations to the recipes
Snacks

A delicious collection of snacks for you to enjoy.

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Blueberry Muffins

Skill Rating

Recipe serves: 1
preparation time: 20 mins
cooking time: 35 mins
Blueberry Muffins

Method:
1. Preheat oven to 170°C/gas mark 3
2. Add KetoCal, 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

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

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

Please refer to your dietician before making any adaptations to the recipes

Approx per serving

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Cheese and Herb Muffins

Skill Rating

Recipe serves: 4
preparation time: 15 mins
cooking time: 20 mins
Cheese and Herb Muffins

Method:
1. Preheat oven to 180°C/gas mark 4
2. Mix together KetoCal 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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Ingredients:
15g KetoCal 4:1 Powder (Unflavoured)
70g ground almonds
40g butter
38g double cream
50g beaten egg
35g grated cheddar cheese
Herbs (rosemary, chives or parsley)

Chef’s tip:
Use 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

Please refer to your dietitian before making any adaptations to the recipes
Savoury Muffins

**Skill Rating**

Novice

Recipe serves: 1

Preparation time: 20 mins

Cooking time: 35 mins
**Savoury Muffins**

**Method:**

1. Preheat oven to 170°C/gas mark 3
2. Place KetoCal 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

**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

**Approx per serving**

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Please refer to your dietitian before making any adaptations to the recipes.
Chocolate Muffins

Skill Rating

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 35 mins
Chocolate Muffins

Method:
1. Preheat oven to 170°C/gas mark 3
2. Mix KetoCal 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

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

Please refer to your dietitian before making any adaptations to the recipes

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Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 10 mins
Cinnamon and Blueberry Toast

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

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

Please refer to your dietitian before making any adaptations to the recipes

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Savoury Crackers

Skill Rating

Recipe serves: 4
Preparation time: 10 mins
Cooking time: 15 mins
Savoury Crackers

Approx per serving

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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

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

Please refer to your dietitian before making any adaptations to the recipes
Cheese Wrap

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 10 mins
Cheese Wrap

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**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

Please refer to your dietitian before making any adaptations to the recipes
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

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Ingredients:

- 30g KetoCal 4:1 Powder (Unflavoured)
- 2g spring onion
- 15g mushrooms
- 10g bacon rasher
- 20g minced turkey
- 25g olive oil
- 10g beaten egg
- 24g quail eggs (2)
- 10g carrot

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

Recipe developed by the Addenbrooke’s specialist Ketogenic team

Please refer to your dietitian before making any adaptations to the recipes
Yorkshire Pudding with Gravy

Skill Rating

Recipe serves: 4
Preparation time: 15 mins
Cooking time: 15 mins
Yorkshire pudding with Gravy

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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

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
14g olive oil
15g instant gravy granules

Recipe developed by the Addenbrooke’s specialist Ketogenic team

Please refer to your dietitian before making any adaptations to the recipes
Recipe serves: 5
Preparation time: 25 mins

Skill Rating

Novice Expert

Cinnamon and Blueberry Breakfast Cereal
Cinnamon and Blueberry Breakfast Cereal

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

Please refer to your dietitian before making any adaptations to the recipes

Approx per serving
(1 serving = 1 ball)

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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

Recipe serves: 1
Preparation time: 15 mins
Cooking time: 15 mins

Skill Rating
Novice ★★★★★ Expert ★★★★★
Cheese and Tomato pizza

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

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

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

Please refer to your dietitian before making any adaptations to the recipes
Cauliflower Cheese

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 5 mins

Novice  Expert
**Cauliflower Cheese**

**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, 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

**Ingredients:**

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</table>

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

Please refer to your dietitian before making any adaptations to the recipes
Mushroom and Spinach Curry

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 5 mins
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 with water to form a paste, then add to the curry sauce and serve

Ingredients:

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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.

Please refer to your dietitian before making any adaptations to the recipes.
Cheese and Onion Tomato Tart

Skill Rating

Recipe serves: 1
preparation time: 10 mins
cooking time: 12 mins
Cheese and Onion Tomato Tart

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<tr>
<td>13g TRS or East End coconut flour</td>
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<tr>
<td>5g butter</td>
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<td>5g water</td>
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<td>5g chopped tomato</td>
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<tr>
<td>5g chopped spring onion</td>
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<tr>
<td>6g full fat cream cheese</td>
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<tr>
<td>25g beaten egg</td>
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<tr>
<td>4g grated cheddar cheese</td>
<td></td>
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Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place coconut flour, KetoCal 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

Please refer to your dietitian before making any adaptations to the recipes
Cheese and Ham Tart

Skill Rating

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 12 mins
Cheese and Ham Tart

Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place coconut flour and KetoCal 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

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

Please refer to your dietitian before making any adaptations to the recipes

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Fat 28g
Protein 7.4g
Carbohydrate 2g
kcal value 289
Ketogenic ratio 3:1
Skill Rating

Novice Expert

Recipe serves: 1
Preparation time: 20 mins
Cod in Tomato Sauce

**Ingredients:**
- 10g KetoCal 4:1 powder (Unflavoured)
- 11g olive oil
- 4g Gia garlic puree
- 7g chopped spring onion
- 3g Gia tomato puree
- 30g tinned chopped tomatoes
- 21g cod
- Pinch of oregano (optional)

**Approx per serving**

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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 into tomato sauce until dissolved (do not boil) and pour over cooked cod, serve immediately

**Please refer to your dietitian before making any adaptations to the recipes**
Cheese Omelette

Skill Rating

Novice  Expert

Recipe serves: 1
preparation time: 15 mins
Cheese Omelette

Ingredients:

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10g KetoCal 4:1 powder (Unflavoured)
23g egg white
9g egg yolk
9g olive oil
6g cheddar cheese

Method:

1. Beat together egg white, egg yolk, KetoCal 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

Please refer to your dietitian before making any adaptations to the recipes
Cheese and Mushroom Scrambled Eggs

Skill Rating

Recipe serves: 1
preparation time: 10 mins
Cheese and Mushroom Scrambled Eggs

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

Please refer to your dietitian before making any adaptations to the recipes

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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
Minced Beef in Tomato Sauce

Skill Rating

Recipe serves: 1
preparation time: 20 mins
Minced Beef in Tomato Sauce

**Ingredients:**

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10g KetoCal 4:1 powder (Unflavoured)
12g olive oil
25g minced beef
3g Gia garlic puree
7g chopped spring onion
3g Gia tomato puree
30g tinned chopped tomatoes
Pinch of oregano (optional)

**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 into sauce until dissolved (do not boil) and serve immediately

Please refer to your dietitian before making any adaptations to the recipes
Chicken Curry

Skill Rating

Recipe serves: 1
preparation time: 35 mins
Chicken Curry

**Ingredients:**

- 10g KetoCal 4:1 powder (Unflavoured)
- 16g olive oil
- 18g diced raw chicken
- 14g chopped mushroom
- 10g chopped green pepper
- 8g chopped spring onion
- 3g Gia tomato puree
- 3g Gia garlic puree
- 15g tinned chopped tomatoes
- 2g curry powder
- 10g water

**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 into the curry (do not boil) and serve immediately

**Approx per serving:**

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Please refer to your dietitian before making any adaptations to the recipes.
Lentil Curry

Skill Rating

Recipe serves: 1
preparation time: 35 mins
Lentil Curry

Ingredients:

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<td>13g olive oil</td>
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<tr>
<td>14g chopped mushroom</td>
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<tr>
<td>10g chopped green pepper</td>
<td></td>
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<tr>
<td>7g chopped spring onion</td>
<td></td>
</tr>
<tr>
<td>3g Gia tomato puree</td>
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<tr>
<td>2g curry powder</td>
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<tr>
<td>3g Gia garlic puree</td>
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<tr>
<td>20g canned chopped tomatoes</td>
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<tr>
<td>12g boiled red lentils</td>
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<tr>
<td>10g water</td>
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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 into curry (do not boil) and serve immediately.

Please refer to your dietitian before making any adaptations to the recipes.
Recipe serves: 1
preparation time: 30 mins
Turkey and Sage Tart

Ingredients:

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<td>14g East End coconut flour</td>
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<tr>
<td>11g cream cheese</td>
<td></td>
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<tr>
<td>15g beaten egg</td>
<td></td>
</tr>
<tr>
<td>4g olive oil</td>
<td></td>
</tr>
<tr>
<td>2g sage and onion stuffing</td>
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<td>10g roasted turkey light meat</td>
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<tr>
<td>5g water</td>
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Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place coconut flour and KetoCal 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

Please refer to your dietitian before making any adaptations to the recipes.

Approx per serving

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</table>
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

Recipe serves: 1
preparation time: 10 mins
cooking time: 15 mins
Green Pepper and Tomato Soup

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 LQ to the soup and heat for a further min
5. Blend until smooth

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.

Approx per serving:

- Fat: 18.1g
- Protein: 3g
- Carbohydrate: 3g
- kcal value: 187
- Ketogenic ratio: 3:1

Please refer to your dietitian before making any adaptations to the recipes.
Mushroom Soup

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 15 mins
Mushroom Soup

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 LQ to the soup and heat for a further min
5. Blend until smooth
6. Add cream to top of soup

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

Please refer to your dietitian before making any adaptations to the recipes

Approx per serving

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**Tomato Sauce**

**Skill Rating**

Novice ★ ★ ★ ★ ★ Expert

Recipe serves: 1
Preparation time: 5 mins
Cooking time: 5 mins
**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 until dissolved

**Ingredients:**

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**Chef’s tip:**

To batch make sauce 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
Cheese Sauce

Skill Rating

Recipe serves: 1
preparation time: 5 mins
cooking time: 5 mins
# Cheese Sauce

**Method:**
1. Place oil, KetoCal LQ and cheese in a pan
2. Heat and stir until cheese has melted

## Ingredients:
- 52ml KetoCal 4:1 LQ (Unflavoured)
- 1g olive oil
- 7g grated cheddar cheese

## Approx per serving

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## Chef’s tip:
To batch make sauce multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

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Desserts

A delicious collection of dessert recipes for you to enjoy.

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Blackberry Crumble

Skill Rating
★ ★ ★ ★ ★ ★

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 10 mins
1. Preheat oven to 150°C/gas mark 2

2. Place KetoCal, 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

**Method:**

**Ingredients:**

15g KetoCal 3:1 Powder  
4g butter  
13g TRS or East End coconut flour  
Hermesetas liquid sweetener  
37g blackberries

**Approx per serving**

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<tr>
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</tbody>
</table>

**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
Pancakes

Skill Rating

Recipe makes 3 pancakes
preparation time: 10 mins
Cooking time: 10 mins
Pancakes

Method:
1. Melt butter, stir in egg and cream and mix well
2. Mix in KetoCal powder 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

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

Approx per serving

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<tr>
<th></th>
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Please refer to your dietitian before making any adaptations to the recipes
Chocolate Ice Cream

Skill Rating

Novice ★★★★★
Expert ★★★★★

Recipe serves: 10
Preparation time: 10 mins
Chilling time: 2–3 hrs
Chocolate Ice Cream

Ingredients:
60g KetoCal 3:1 Powder
10g Bournville cocoa powder
100g fresh whipping cream
96g whole milk
120g water
Hermesetas liquid sweetener

Approx per serving

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Chef's tip:
Please take care not to use drinking chocolate

Method:
1. Mix together KetoCal, 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

Please refer to your dietitian before making any adaptations to the recipes
Vanilla Ice Cream

Skill Rating

Recipe serves: 5
Preparation time: 10 mins
Chilling time: 2–3 hrs
Vanilla Ice Cream

Method:
1. Mix KetoCal powder, 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

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

Please refer to your dietitian before making any adaptations to the recipes

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<td>90</td>
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<tr>
<td>Ketogenic ratio</td>
<td>3:1</td>
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</table>
Creamy Jelly

Skill Rating

Recipe serves: 4
Preparation time: 10 mins
Chilling time: 2 hrs
Creamy Jelly

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 LQ into jelly and stir
3. Pour into 4 individual moulds or shapes and refrigerate until set

Ingredients:
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<th>Approx per serving</th>
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<tbody>
<tr>
<td>Fat</td>
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<td>Ketogenic ratio</td>
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Please refer to your dietitian before making any adaptations to the recipes
Egg Custard Tart

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 12 mins
Egg Custard Tart

**Method:**

1. Preheat oven to 160°C/gas mark 2/3
2. Place KetoCal, 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

**Ingredients:**

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<tr>
<td>Ketogenic ratio</td>
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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

Please refer to your dietitian before making any adaptations to the recipes
Recipe serves: 1
preparation time: 5 mins
cooking time: 5 mins
# Custard

**Ingredients:**

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

**Method:**

1. Place KetoCal 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

**Approx per serving**

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Please refer to your dietitian before making any adaptations to the recipes.
Raspberry Creme Brûlée

Skill Rating

Recipe serves: 1
preparation time: 20 mins
Cooking time: 10 mins
Chill time: 2 hours
# Raspberry Crème Brûlée

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<th>Approx per serving</th>
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<tbody>
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<td>50ml KetoCal 4:1 LQ (Vanilla or Unflavoured)</td>
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<td>40g egg yolk</td>
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<td>36g fresh double cream</td>
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<td>1.5g Truvia sweetener</td>
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<td>2 drops carb free vanilla extract</td>
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<tr>
<td>40g raspberries</td>
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</table>

**Please refer to your dietitian before making any adaptations to the recipes**

**Method:**

1. Beat egg yolk thoroughly
2. Heat double cream, KetoCal 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
Strawberry Panna Cotta

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 5 mins
Chill time: 2 hours
Strawberry Panna Cotta

Method:

1. Heat double cream, KetoCal 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

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

Approx per serving

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Please refer to your dietitian before making any adaptations to the recipes.
Raspberry Crumble

Skill Rating

Novice

Recipe serves: 1
preparation time: 10 mins
Raspberry Crumble

Method:
1. Preheat oven to 150°C/gas mark 2
2. Place KetoCal, 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

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

Ingredients:
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</tr>
</thead>
<tbody>
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Please refer to your dietitian before making any adaptations to the recipes