



Innovation in Nutrition



the handy little

# MKD COOKBOOK

Recipe ideas for the modified Ketogenic Diet



with carbzero™  
and betaquik®



# Introduction

Welcome to the Vitaflo modified ketogenic diet (mKD) recipe book where you will find recipe ideas for breakfast, lunch, dinner, snacks and drinks. You should only use these recipes if you or the person you are preparing them for is under the care of a dietitian.

The majority of recipes contain **carbzero**<sup>™</sup>, a source of long chain triglyceride (LCT) fat. However, your dietitian may recommend that you incorporate **betaquik**<sup>®</sup>, a source of medium chain triglyceride (MCT) fat into some of these recipes. Your dietitian will advise what best suits your individual needs.



## *Calculating your recipes*

We have aimed to keep the carbohydrate content of recipes as low as possible, although they may need to be modified to your own unique ketogenic diet prescription. There is space on each card for you and your dietitian to do this.

The nutritional information provided for each portion has been calculated with Electronic Ketogenic Manager (EKM)\* using ONLY the specific ingredients, quantities and brands used where stated. EKM uses United Kingdom (UK) nutritional values for foods.<sup>1</sup>

If using different foods or brands in any of the original recipes the nutritional values must be recalculated. Manufacturers can change the nutritional declaration on labels, so it is important to regularly check you are using the correct values.



### for successful recipes

- Digital scales are essential. Ensure these can weigh quantities to 1 gram.
- Soft silicon spatulas are ideal for scraping out all of the mixtures from bowls etc.
- Measuring spoons are useful for  $\frac{1}{4}$  and  $\frac{1}{2}$  teaspoon measurements.



are provided to give you alternative recipe options. You will need to re-calculate the nutritional values if you use them.

Note: **MCTprocal** is used in the cinnamon cookie recipe. **MCTprocal** is an alternative source of MCT which your dietitian may recommend.

1 x 16g sachet of **MCTprocal** provides:

- 10g MCT
- 2g protein
- 3.3g carbohydrate
- 112kcal



This logo indicates that the recipe has been tried and tested by Matthew's Friends Keto Kitchen.



---

#### PLEASE NOTE:

**carbzero**, **betaquik** and **MCTprocal** are foods for special medical purposes and must be used under medical supervision.

**carbzero** contains soya lecithin.

**MCTprocal** contains milk.

\* [www.matthewsfriends.org](http://www.matthewsfriends.org) for details on EKM

<sup>1</sup> Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods. 6th summary ed. Royal Society of Chemistry, London

# Milkshakes



## 30:1 ratio

- Preparation time: 5 minutes
- No cooking required
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	21.2g	
Protein	0.5g	
Carbohydrate	0.2g	
Energy (calories)	194kcal	



Innovation in Nutrition



# Milkshakes

Ingredients	Quantity	Your recipe
carbzero™	100g	
Almond milk e.g. Almond Breeze	100g	
Sugar free Da Vinci syrup of choice e.g. blueberry, vanilla, chocolate	2 teaspoons	
Sweetener e.g. Hermesetas Liquid or Truvia	To taste	

## Method

1. Add all the ingredients together into a jug or glass and mix until combined.



- Can use a blender if desired



**Always check with your dietitian what is suitable for you**

- Add in fruit to make a smoothie



# Flaxseed Biscuits



## 1.7:1 ratio

- Preparation time: 20 minutes
- Cooking time: 20 minutes
- Recipe makes 5 portions (10 biscuits)

1 portion (2 biscuits) provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	12g	
Protein	6.4g	
Carbohydrate	0.5g	
Energy (calories)	136kcal	

Recipe (10 biscuits) provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	60g	
Protein	32g	
Carbohydrate	2.5g	
Energy (calories)	678kcal	





# Flaxseed Biscuits

Makes 10 biscuits

Ingredients	Quantity	Your recipe
Ground flaxseed e.g. Linwoods	25g	
Almond flour e.g. Sukrin	50g	
<b>carbzero™</b>	100g	
Whole raw egg, beaten	50g	
Butter, melted	22g	

## Method

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. In a mixing bowl combine the ground flaxseed and almond flour.
3. Add the **carbzero**, egg and melted butter to the bowl and mix until well combined.
4. Lightly grease two small baking trays.
5. Divide the mixture into 10. Using a spoon and fork shape each portion into a flattened biscuit on the tray. Leave an inch between each biscuit.
6. Bake in the oven on the middle shelf for 20 minutes until lightly golden and crisp.
7. Allow to cool on a wire rack and store in an airtight container.



- Dipping the spoon and fork into water can make shaping the biscuits easier as the mixture is sticky
- To make sweetened biscuits add 1 teaspoon of liquid sweetener and/or ½ teaspoon of ground spice e.g. ginger, cinnamon or mixed spice



**Always check with your dietitian what is suitable for you**

- Recipe can make 5 larger biscuits
- Biscuits can be served with cheese and butter



# Cinnamon Cookies



**3:1 ratio**

- **Preparation time:** 10 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 4 small cookies

*Each portion (2 small cookies) provides approximately:*

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	27.8g	10g MCT 17.8g LCT
Protein	5.4g	
Carbohydrate	3.7g	
Energy (calories)	287kcal	



This recipe contains **MCTprocal**<sup>™</sup>. For more information on **MCTprocal**<sup>™</sup> refer to your dietitian.



Innovation in Nutrition

# Cinnamon Cookies

Makes 4 small cookies

Ingredients	Quantity	Your recipe
Almond flour e.g. Sukrin	14g	
MCTprocal™ (2 x 16g sachets)	32g	
Baking powder e.g. Barkat	¼ teaspoon	
Ground cinnamon	A pinch	
Butter, melted	40g	
Whole egg, raw, beaten	8g	
Sweetener e.g. Liquid Hermestas or Truvia	¼ - ½ teaspoon or 1 teaspoon	

## Method

1. Preheat oven to 180°C/fan 160°C/gas mark 4.
2. Add almond flour, MCTprocal™, baking powder and ground cinnamon into a mixing bowl and stir with a wooden spoon until combined.
3. Add the melted butter, egg and sweetener to the bowl and stir until a slightly sticky firm dough has formed.
4. Lightly grease a baking tray and divide the mixture into 2 large balls, flattening to approximately 1cm thick on the tray.
5. Bake for 15-20 minutes until well risen and lightly golden.
6. Cool on a wire rack before serving.



- Recipe can also make 2 large cookies (10g of MCT per cookie)



### Always check with your dietitian what is suitable for you

- For alternative flavours such as ginger, almond and caramel replace the cinnamon with a different suitable flavouring
- Lakeland have a great variety of natural flavourings and sugar free Da Vinci syrups work well too!



# Avocado Dip



## 4.8:1 ratio

- Preparation time: 10 minutes
- No cooking required
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	24g	
Protein	3g	
Carbohydrate	2g	
Energy (calories)	236kcal	



Innovation in Nutrition



# Avocado Dip

Ingredients	Quantity	Your recipe
Avocado	60g	
Cream cheese, full fat e.g. Philadelphia	30g	
<b>carbzero</b> <sup>™</sup>	25g	
Seasoning	To taste	

## Method

1. Mash the avocado and mix in cream cheese.
2. Gradually add **carbzero** into mixture, stirring until well combined.



- If a thinner consistency is preferred, simply mix 50g of **carbzero** into 50g of avocado which will provide 20g of fat, 1g of carbohydrate and 1g of protein – this works well as a salad dressing!



### **Always check with your dietitian what is suitable for you**

- Serve with sliced vegetables such as celery and cucumber

# Blue Cheese Dip



## 2.3:1 ratio

- Preparation time: 10 minutes
- No cooking required
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	20g	
Protein	7.7g	
Carbohydrate	1g	
Energy (calories)	214kcal	



Innovation in Nutrition





# Blue Cheese Dip

Ingredients	Quantity	Your recipe
Cream cheese, full fat e.g. Philadelphia	30g	
<b>carbzero™</b>	25g	
Blue stilton, crumbled	25g	

## Method

1. Gradually mix **carbzero** into cream cheese, 5-10g at a time until a smooth consistency is achieved.
2. Mix in the crumbled stilton.



### **Always check with your dietitian what is suitable for you**

- Can serve with different vegetables, e.g.
  - ✓ Celery sticks, 55g = 0.5g of carbohydrate
  - ✓ Cucumber, 35g = 0.5g of carbohydrate
  - ✓ Green Pepper, 40g = 1g of carbohydrate
- Works well as a salad dressing!
- Add some crushed garlic for extra flavour

# Cheese and Vegetable Omelette



## 2:1 ratio

- Preparation time: 10 minutes
- Cooking time: 10 minutes
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	45g	
Protein	20g	
Carbohydrate	2g	
Energy (calories)	493kcal	



Innovation in Nutrition



# Cheese and Vegetable Omelette

Ingredients	Quantity	Your recipe
Eggs	100g	
carbzero™	100g	
Olive oil	5g	
Red pepper, chopped	15g	
Courgette, chopped	55g	
Cheddar cheese, grated	25g	
Seasoning	As desired	

## Method

1. Whisk eggs lightly and add the carbzero until mixed well, season as desired.
2. Heat the olive oil in a small frying pan over a medium heat, add the red pepper and courgette and fry for 3-4 minutes until softened.
3. Pour in the carbzero and egg mixture and cook for a further 3-4 minutes until starting to set and the underside has turned golden brown.
4. Flip the omelette over and sprinkle the cheese over the top. Cook for 2-3 minutes until the underside is golden and the cheese has melted.



- Place under the grill to brown the cheese if desired

# Baked Eggs and Ham in Spinach Nests



## 1.5:1 ratio

- Preparation time: 10 minutes
- Cooking time: 20-25 minutes
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	40g	
Protein	25g	
Carbohydrate	2g	
Energy (calories)	468kcal	



Innovation in Nutrition



# Baked Eggs and Ham in Spinach Nests

Ingredients	Quantity	Your recipe
Spinach	110g	
2 whole eggs, raw	100g	
Ham, chopped	25g	
<b>carbzero™</b>	100g	
Cheddar cheese	20g	
Mixed dried herbs	a pinch	

## Method

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. After washing and draining the spinach, wilt in a hot pan for a few minutes.
3. Divide the spinach in half. In a small ovenproof dish, shape each half of the spinach into a 'nest' i.e. small rings with a central space.
4. Crack each egg into its own small dish, keeping the yolk intact and carefully pour one egg into each nest.
5. Scatter the chopped ham around the egg nests and pour the **carbzero** into the dish.
6. Sprinkle over the cheese followed by the mixed herbs and season as desired.
7. Cover loosely with foil and bake in the oven for 15 minutes, or until the eggs are cooked to your preference.



# Creamy Chicken and Mushroom Soup



## 1.6:1 ratio

- Preparation time: 10 minutes
- Cooking time: 20 minutes
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	35g	
Protein	21g	
Carbohydrate	2g	
Energy (calories)	407kcal	



Innovation in Nutrition



# Creamy Chicken and Mushroom Soup

Ingredients	Quantity	Your recipe
Olive oil	4g	
Onions, chopped	15g	
Mushrooms, sliced	50g	
Boiling water	100g	
Chicken liquid stock concentrate e.g. Knorr Touch of Taste*	1 teaspoon (Approx. 5g)	
<b>carbzero</b> <sup>™</sup>	150g	
Raw chicken, diced	80g	
Mixed herbs	As desired	
Seasoning	As desired	

## Method

1. Heat olive oil in a saucepan over a medium heat and sauté the onions and mushrooms for 2-3 minutes until starting to soften.
2. Add the stock concentrate to the boiling water and stir until well mixed.
3. Add the stock and **carbzero** to the mushrooms and onions. Cook over a medium heat for 5 minutes, until the liquid has reduced a little.
4. Add the diced chicken to the pan, cook for 5-8 minutes, until the chicken is cooked through.
5. If desired add mixed herbs (and/or seasoning) for extra flavour.



- For a thicker, smoother texture the soup can be blended for 1-2 minutes at step 3

**Note: Caution must be taken when blending hot liquids**

\* Undiluted stock (not diluted as per manufacturers preparation guidance)

# Cauliflower 'Rice'



2.3:1 ratio

- Preparation time: 5-10 minutes
- Cooking time: 2 minutes
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	7.5g	
Protein	1.8g	
Carbohydrate	1.5g	
Energy (calories)	81kcal	



Innovation in Nutrition

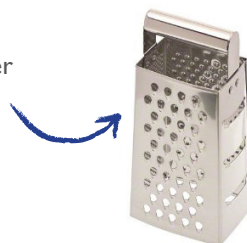


# Cauliflower 'Rice'

Ingredients	Quantity	Your recipe
Cauliflower	50g	
Olive oil	7g	

## Method

1. Grate the cauliflower using the largest holes in the grater or blitz in a food processor for 30 seconds.
2. Heat oil in a frying pan over a medium heat and stir fry the cauliflower pieces for 2 minutes until fully coated in the oil and lightly crispy.



### Always check with your dietitian what is suitable for you

- Serve with chicken and bacon in a creamy mushroom sauce or thai curry (see recipe cards)
- Use as a topping for cottage pie (see recipe card)



# Cauliflower Topped Cottage Pie



## 2:1 ratio

- Preparation time: 10-15 minutes
- Cooking time: 20 minutes
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	40g	
Protein	17g	
Carbohydrate	3g	
Energy (calories)	440kcal	



Innovation in Nutrition

# Cauliflower Topped Cottage Pie

Ingredients	Quantity	Your recipe
Olive oil	6g	
Onions, chopped	6g	
Minced beef	60g	
Tomato purée	5g	
<b>carbzero™</b>	100g	
Cauliflower, diced into small pieces	60g	
Cheddar cheese, grated	10g	

## Method

1. Add the oil to a pan over a medium heat, add the onions and cook until soft.
2. Add mince and cook until browned.
3. Add the tomato purée and **carbzero** and cook for a further 5 minutes. Season with salt and pepper.
4. Boil the diced cauliflower for 5 minutes and drain.
5. Pour the beef mixture into a small dish or ramekin and cover with cauliflower. Sprinkle grated cheese on top and grill until melted.



- Instead of dicing the cauliflower you can grate it using the largest holes in the grater or blitz in a food processor for 30 seconds



### **Always check with your dietitian what is suitable for you**

- Serve with vegetables or salad

# Chicken and Bacon in a Creamy Mushroom Sauce served with Cauliflower 'Rice'



1.7:1 ratio

- Preparation time: 15 minutes
- Cooking time: 15 minutes
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	40g	
Protein	22g	
Carbohydrate	2g	
Energy (calories)	456kcal	



Innovation in Nutrition

# Chicken and Bacon in a Creamy Mushroom Sauce served with Cauliflower 'Rice'



Ingredients	Quantity	Your recipe
<i>Sauce</i>		
Olive oil	7g	
Chicken breast, raw, diced	65g	
Bacon rashers, raw, trimmed and diced	20g	
Mushrooms, chopped	20g	
<b>carbzero™</b>	100g	
Cream cheese, full fat e.g. Philadelphia	15g	
Dried mixed herbs	A pinch	
Seasoning	As desired	
<i>Cauliflower 'Rice'</i>		
Cauliflower	50g	
Olive oil	7g	

## Method

### Sauce

1. Add olive oil to a frying pan over a medium heat.
2. Stir-fry the chicken for 3 minutes, add the bacon and cook for a further 1-2 minutes until lightly browned. Add the mushrooms and cook until soft.
3. Add the **carbzero** and cream cheese, stirring for 1-2 minutes to create a smooth sauce. Add the herbs and season as desired.
4. Simmer for 4-5 minutes until sauce has thickened and chicken cooked through.

### Cauliflower 'Rice'

5. Grate the cauliflower using the largest holes in the grater or blitz in a food processor for 30 seconds.
6. Heat the oil in a frying pan over a medium heat and stir fry cauliflower pieces for 2 minutes until fully coated in the oil until lightly crispy.
7. Serve together.

# Thai Chicken Curry



**1.4:1 ratio**

- **Preparation time:** 10-15 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 1 portion

*Recipe provides approximately:*

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	40g	
Protein	26g	
Carbohydrate	2g	
Energy (calories)	472kcal	



Innovation in Nutrition





# Thai Chicken Curry

Ingredients	Quantity	Your recipe
Coconut oil	12g	
Spring onions, raw	20g	
Garlic, raw, crushed	1g	
Thai 7 spice powder e.g. Schwartz	1g	
<b>carbzero™</b>	100g	
Creamed coconut, chopped e.g. Blue Dragon	9g	
Boiling water	1 tablespoon	
Chicken, raw, diced	100g	
Spinach, raw	25g	

## Method

1. Heat the oil in a frying pan over a medium heat and fry the spring onion and garlic for 2 minutes.
2. Add the Thai 7 Spice powder, stir through and continue to cook for a further minute.
3. Add boiling water to creamed coconut and stir until dissolved.
4. Add the **carbzero** and creamed coconut mixture to the pan and stir until mixed.
5. Stir in raw chicken and cook over a low to medium heat for 5 minutes.
6. Add spinach and stir to coat with the sauce. Cook for a further 3 minutes until the spinach has wilted and the chicken is cooked through.



### Always check with your dietitian what is suitable for you

- For a vegetarian version use tofu in place of chicken
- Serve with the cauliflower rice (see recipe card)

# Stuffed Pepper with Tofu



## 2.7:1 ratio

- Preparation time: 10-15 minutes
- Cooking time: 30 minutes
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	40g	
Protein	12g	
Carbohydrate	3g	
Energy (calories)	420kcal	



Innovation in Nutrition



# Stuffed Pepper with Tofu

Ingredients	Quantity	Your recipe
Green pepper, halved, raw	55g	
Olive oil	10g	
Cauliflower, raw, grated	35g	
Tofu, diced into small cubes e.g. Cauldron	50g	
Cheddar cheese, grated	13g	
<b>carbzero</b> <sup>™</sup>	100g	
Low fat green pesto e.g. Tesco	10g	

## Method

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Brush the outside of the pepper with half of the oil and place on a baking tray (cut side down). Roast for 10-15 minutes.
3. Whilst the pepper is roasting add the remaining oil to a frying pan and stir fry the cauliflower for 2 minutes until golden. Add the tofu to the pan and stir fry for a further minute.
4. When the pepper has softened slightly, remove from the oven and fill with the cauliflower and tofu mixture.
5. Top with grated cheese and return to the oven for a further 10 minutes until the cheese has melted and started to brown.
6. To make the sauce, add the **carbzero** to a saucepan and stir in the pesto. Simmer for 5 minutes until starting to reduce and thicken.
7. Serve the sauce with the tofu stuffed pepper.



- For a different flavour try red pesto, however remember to allow for any additional carbohydrate this may provide
- For a softer pepper roast on both sides



## Always check with your dietitian what is suitable for you

- Serve with cauliflower 'rice' (see recipe card)

# Minced Beef and Aubergine Bake



**2:1 ratio**

- **Preparation time:** 10 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion

*Recipe provides approximately:*

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	42g	
Protein	18g	
Carbohydrate	3g	
Energy (calories)	462kcal	



Innovation in Nutrition

# Minced Beef and Aubergine Bake

Ingredients	Quantity	Your recipe
Olive oil	5g	
Aubergine, sliced into thin strips	60g	
Minced beef, raw	60g	
Onion, diced	10g	
Garlic, finely chopped	1g	
Tomato pureé	5g	
<b>carbzero™</b>	100g	
Mixed herbs	A pinch	
Cheddar cheese, grated	20g	
Seasoning	As desired	

## Method

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Heat olive oil in a frying pan and fry the aubergine for 2-3 minutes over a medium heat and turn over half way through cooking until softened and starting to colour. Remove from the pan and set aside.
3. Using the same frying pan add the minced beef and cook for 3-4 minutes until browned then add the onion and garlic and cook until softened.
4. Add the tomato puree, **carbzero** and mixed herbs. Continue to cook over medium heat until the sauce has started to thicken, adding seasoning as desired.
5. Lay half of the aubergine slices on the bottom of an oven-proof dish and then pour over half the minced beef mixture. Top with half of the grated cheese.
6. Repeat step 5 with remaining aubergine, mince and cheese.
7. Place in the oven for 10 minutes until the cheese has melted.



**Always check with your dietitian what is suitable for you**

- Serve with vegetables or salad

# Lemon Parfait



## 3.3:1 ratio

- **Preparation time:** 20 minutes
- **No cooking required:** allow 1 hour to set
- **Recipe makes** 1 portion

*Recipe provides approximately:*

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	24g	
Protein	5.2g	
Carbohydrate	2g	
Energy (calories)	245kcal	



Innovation in Nutrition



# Lemon Parfait

Ingredients	Quantity	Your recipe
Gelatine	2g (1 leaf)	
carbzero™	50g	
Cream cheese, full fat e.g. Philadelphia	60g	
Lemon zest	3g	
Liquid sweetener, e.g. Hermesetas	To taste	
Raspberry, raw	5g (Approx. 1)	

## Method

1. Submerge the gelatine leaf in cold water for approximately 5 minutes until softened.
2. Squeeze water out of the gelatine leaf and stir into carbzero until dissolved.
3. Gradually add this mixture to the cream cheese stirring continuously until a thick smooth mixture has formed. Add the lemon zest and liquid sweetener.
4. Pour the mixture into a small serving dish/mould and place the raspberry on top.
5. Leave to set in the fridge for approximately 1 hour.



### Always check with your dietitian what is suitable for you

- Use lime or orange zest for a different citrus flavour
- Make a biscuit base with low carb biscuits

# Mint Chocolate Dessert



4.3:1 ratio

- Preparation time: 5 minutes
- No cooking required
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	20g	
Protein	2.7g	
Carbohydrate	2g	
Energy (calories)	200kcal	



Innovation in Nutrition



# Mint Chocolate Dessert

Ingredients	Quantity	Your recipe
Avocado, chopped	45g	
carbzero™	50g	
Liquid sweetener e.g. Hermesetas	¼ - ½ teaspoon	
Peppermint extract e.g. Dr. Oetker	Few drops	
Cocoa powder e.g. Bournville	8g	

## Method

1. Place all ingredients into a blender and blitz for 1 minute until a smooth, thick mixture has formed.



- Chill in the fridge before serving



### Always check with your dietitian what is suitable for you

- For an alternative flavour use carbohydrate free vanilla/orange extract or grated orange zest for a chocolate orange dessert!



# Vanilla Ice Cream



## 10:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Freezing time:** as per ice cream maker instructions
- **Recipe makes** 10 x 83g portions

## 1 portion provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	25g	
Protein	1.5g	
Carbohydrate	1g	
Energy (calories)	235kcal	

## Recipe (10 portions) provides approximately:

Nutritional content	Quantity	Your recipe/mKD exchanges
Fat	250g	
Protein	15g	
Carbohydrate	10g	
Energy (calories)	2350kcal	







# Vanilla Ice Cream

Ingredients	Quantity	Your recipe
carbzero™	500g	
Double cream (50g fat/100ml)	250g	
Vanilla essence	1 tablespoon	
Liquid sweetener e.g. Hermesetas	2 teaspoons	
Egg yolks, raw	70g	
Cornflour	7g	

## Method

1. Place **carbzero**, cream, vanilla essence and sweetener into a saucepan over a low heat. Stir frequently using a wooden spoon or whisk for approximately 5 minutes until heated through (do not boil).
2. Add egg yolks and cornflour to a mixing bowl and whisk until mixture is smooth.
3. Pour the **carbzero** and cream mixture into the bowl over the egg yolks, whisking continuously until a smooth, pale yellow mixture has formed.
4. Pour the mixture from step 3 into a clean saucepan. Stir slowly over a low heat and whisk continuously for 4-5 minutes until thickened (do not boil).
5. Once the mixture has cooled, pour into an ice cream maker and follow manufacturer's instructions.



- The mixture can also be served as custard by simply following the recipe to step 4



### Always check with your dietitian what is suitable for you

- Sugar free DaVinci syrups are good dessert sauces!
- You can replace the vanilla essence with alternative flavours such as almond, mint, rhubarb and caramel flavouring (Lakeland have a great variety of natural flavourings)
- You can colour the ice cream by adding a few drops of suitable food colouring before adding to the ice cream maker



[www.myketogenicdiet.com](http://www.myketogenicdiet.com)

**carbzero** is for use in the ketogenic diet or in the dietary management of conditions requiring a source of LCT from 3 years of age.

**betaquik** is for use in the ketogenic diet or in the dietary management of conditions requiring a source of MCT from 3 years of age.

Foods for special medical purposes. Use under medical supervision.



Innovation in Nutrition

A Nestlé Health Science Company

© Reg. Trademarks of Société des Produits Nestlé S.A.  
© 2015 All rights reserved. Société des Produits Nestlé S.A.

MKD1-0815-V1  
printed Sept 15