SMOOTHIES, ICE CREAMS, SLUSHIES ASSORTED RECIPES

BLUEBERRY SLUSH

- 20g blueberries very finely chopped
- 150mls ice cold water
- A good squirt of liquid sweetener

Place in your CHILLFACTOR then shake and squeeze until slushie.

OR

Pour in to a sealable freezer bag and put in freezer until frozen.
If it is in a solid lump just hit it with a rolling pin whilst still in the bag.
This recipe gives 2.5g carbs.

KETOCAL CHOCOLATE ICE CREAM

- 57g KETOCAL liquid
- 15g double cream
- 3g cocoa – LINDT SUPREME DARK CHOCOLATE 90%
- 5g sugar free chocolate syrup – DAVINCI, GREEN VALLEY RANCH or WALDEN FARMS

Place in your CHILLFACTOR the shake and squeeze until frozen, I found this one took a bit longer but it does freeze and it tastes good.

OR

Put in moulds of your choice and place in the freezer until ready.
This recipe gives 17.3g fat, 2.3g protein and 1g carbs.

Mo’s tip: This is also nice if you add a few drops of MINT extract !!
COCONUT ICECREAM / LOLLIES

- 20g coconut virgin oil – BIONA VIRGIN ORGANIC
- 25g double cream
- 16g coconut cream UHT BLUE DRAGON
- 15mls water
- a good squirt of liquid sweetener
- a few drops of vanilla extract

Melt the coconut oil, sweetener and vanilla and leave to cool.
Mix together the coconut cream and double cream with 15mls of water, stir in the coconut oil.
Put in moulds if you are making lollies or a freezable tub if you are leaving it as ice cream.

This recipe gives 35.7g fat, 0.9g protein and 0.7g carbs.

Mo's tip: You can add colouring. If serving as ice cream, remove from the freezer approximately 10 minutes before eating.

BETAQUIK MCT YOGHURT SMOOTHIE

- 100g BETAQUIK
- 65g Greek style yoghurt - MORRISONS
- 40g strawberries
- ¼ - ½ teaspoon liquid sweetener

Place all ingredients in a blender and mix until smooth.

This recipe gives 28.3g fat, 3g protein and 5.7g carbs.

Mo's tip: Also works well with CarbZero if you are not using the MCT diet.
SIDES AND SNACKS

RASPBERRY SMOOTHIE

- 172g almond milkshake - ALPRO
- 28g double cream – MORRISONS
- 40g raspberries
- a squirt of liquid sweetener – depending on the fruit you use

Blend everything together until smooth.

This recipe gives 16g fat, 1.6g protein and 2.4g carbs.

Mo’s tip: Other fruits can be used but be sure to check the values!

KETOCUISINE CHOCOLATE MILKSHAKE

- 10g KETOCUISINE
- 4g cocoa - BOURNVILLE
- 20g double cream – MORRISONS
- 5g squirty cream - ANCHOR EXTRA THICK
- 50mls hot water
- 50mls cold water
- a good squirt of liquid sweetener
- few drops of vanilla extract

Dissolve the cocoa in the hot water, add sweetener and vanilla extract.
Mix the KetoCuisine with the double cream, then whisk in the cocoa with the remaining 50mls cold water.
Pour in to a glass, put this on your scales and squirt in 5g of the Anchor cream – you may be surprised by the amount!
Serve with a straw.

This recipe gives 19.8g fat, 2.9g protein and 1.8g carb.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

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

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