Soft Options

Ketogenic Kitchen Inspiration
Welcome to the Vitaflo “Soft Options” ketogenic diet recipe book where you will find texture modified recipe ideas for breakfast, lunch, dinner and snacks. You should only use these recipes if you, or the person you are preparing them for, is under the care of a dietitian.

These recipes have been designed to help support those following a ketogenic diet that may have feeding difficulties. They can be adapted to different textures to suit the needs of the individual. It is important that a Speech & Language Therapist reviews the suitability of these texture modified recipes for each individual patient.

The recipes within this book are suitable for the Classical Ketogenic Diet (CKD) and the Modified Ketogenic Diet (MKD). This will be clearly marked on the individual recipe cards by the following diet badges:

All recipes are in a ratio of fat to protein and carbohydrate combined (e.g. 2:1, 3:1, 4:1), although they may need to be modified for your own unique ketogenic diet prescription. There is space on each card for you and your dietitian to do this.

We have aimed to keep the carbohydrate content of these recipes as low as possible, although they may need to be modified for your own unique ketogenic diet prescription. There is space on each card for you and your dietitian to do this.
**keyo** is a nutritionally complete, very high fat, low carbohydrate, ready to eat, chocolate flavoured semi solid food. Each 100g pot contains 30g of fat, 8g of protein and 2g of carbohydrate, 3:1 ratio.

**carbzero™** is a palatable fat emulsion, each 225ml bottle contains 45g of fat.

**betaquik®** is a palatable fat emulsion containing medium chain triglycerides (MCT). Each bottle of betaquik contains 45g of MCT and 2.5g of long chain triglycerides (LCT).

The majority of these recipes contain carbzero, however your dietitian may recommend that you use betaquik for a source of MCT fat.

Always consult your dietitian to help adapt any of the recipes to suit your individual ketogenic diet prescription.

**Top Tip**

- 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 ¼ and ½ teaspoon measurements.

**Serving Suggestions**

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

PLEASE NOTE:
Carbzero contains soya (soya lecithin)
Keyo contains milk (milk protein) and fish (tuna oil)
Calculating your recipes
The nutritional information provided for each portion has been calculated with Electronic Ketogenic Manager (EKM*) using only the specific ingredients, quantities and brands stated. EKM is based on United Kingdom nutritional values for foods.

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

Modified Textures
The textures advised in this recipe book are from the National Patient Safety Agency Dysphagia Diet Food Texture Descriptors (2011), endorsed by the British Dietetic Association (BDA), Royal College of Speech and Language Therapists (RCSLT), Hospital Carers Association (HCA) and the National Nurses Nutrition Group (NNNG).

These descriptors were originally compiled for adults but have been adapted for children with dysphagia. The recipes in this book can be used for both adults and children. Vitaflor has worked closely with an independent Speech and Language Therapist, Cathy Davies, to assess the textures described in the recipes within this book.

The descriptors consist of four diet textures
Texture B - Thin Purée Dysphagia Diet
Texture C - Thick Purée Dysphagia Diet
Texture D- Pre-mashed Dysphagia Diet
Texture E - Fork Mashable Dysphagia Diet

In this recipe book we provide recipes for textures B, C and E.
These textures are summarised as follows:

**Texture B: Thin Purée Dysphagia Diet**
Thin puréed food is moist, fine textured, thin and smooth throughout. It may need to be sieved to remove any lumps, skin or food pieces. This texture must be consistent with no loose fluid separated off. Thin purée can be poured and does not hold its shape on a plate when scooped. It cannot be eaten with a fork because it drops through the prongs. Thin purée cannot be piped, layered or moulded and it spreads out if spilled.

*N.B. Thin purée does not include ice cream or jelly. These foods should only be offered if agreed with your speech and language therapist.*

**Texture C: Thick Purée Dysphagia Diet**
Thick purée is moist, thick, smooth food with no bits or lumps. It may need to be sieved. There should be no loose fluid separated off from the purée.

Thick purée holds its shape on a plate when scooped. It can be eaten with a fork because it does not drop through the prongs. It cannot be poured and it can be piped layered or moulded.

**Texture E: Fork Mashable Dysphagia Diet**
Fork mashable food is soft, tender and moist but needs some chewing. This food can be mashed with a fork and requires a base of thick smooth sauce, gravy or custard. Any lumps in the food should be soft and tender. There is standard guidance on the size of lumps allowed in this texture, however this should be decided for an individual by their speech and language therapist. There should be no hard, tough or chewy lumps.

Fork mashable food is differentiated from pre-mashed food by the fact that it can be mashed at the point of service.

For further, more detailed information about these food textures, please refer to [www.rcslt.org/clinical_resources/docs/diet_food_textures_descriptors](http://www.rcslt.org/clinical_resources/docs/diet_food_textures_descriptors)

These descriptors include helpful audit checklists against which any food texture may be evaluated.

The food texture that you require will be advised by your Speech and Language Therapist following an assessment.

*N.B. At the time of printing the International Dysphagia Diet Standardisation Initiative (IDDSI) have developed a new international standardised dysphagia diet framework which is currently undergoing review.*

* www.matthewsfriends.org for details on EKM
Celeriac Mash

Ratio 2.5:1

- Preparation time: 5 minutes
- Cooking time: 10 - 15 minutes
- Recipe makes: 1 portion

This recipe can be adapted to the following:

Recipe provides approximately:

<table>
<thead>
<tr>
<th>Nutritional content</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>8.7g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1.2g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>2.3g</td>
<td></td>
</tr>
<tr>
<td>Energy (calories)</td>
<td>92kcal</td>
<td></td>
</tr>
</tbody>
</table>
Celeriac Mash

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celeriac, peeled &amp; chopped</td>
<td>100g</td>
<td></td>
</tr>
<tr>
<td>carbzero™</td>
<td>25g</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Salt &amp; pepper to taste</td>
<td>A pinch</td>
<td></td>
</tr>
</tbody>
</table>

Method

1. Add celeriac to a saucepan, cover with water and bring to the boil. Cook for 10–15 minutes or until soft, then drain well.
2. Add celeriac to a bowl with carbzero, butter and salt and pepper.
3. Mix and mash with a fork.
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

*Always check with your dietitian about what is best suited to your requirements.*

1. Repeat steps 1 & 2.
2. Blend until a smooth thick purée is achieved.

1. Repeat steps 1 & 2.
2. Add 60ml of water and blend until a smooth thin purée is achieved.

*Top Tip*

*Use this simple recipe as a tasty side to a main meal!*

Carbzero is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.
# Celeriac Mash

Add your own notes on perfecting this recipe to suit you.

<table>
<thead>
<tr>
<th>Nutritional content</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>8.7g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1.2g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>2.3g</td>
<td></td>
</tr>
<tr>
<td>Energy (calories)</td>
<td>92kcal</td>
<td></td>
</tr>
</tbody>
</table>

Recipe provides approximately:

- Celeriac Mash
  - Ratio 2.5:1
  - Preparation time: 5 minutes
  - Cooking time: 10 - 15 minutes
  - Recipe makes: 1 portion

This recipe can be adapted to the following:

- Soft Options
- Fork Mashable from Vitaflo
- Options Soft Thick Purée
- Options Soft Thin Purée

SO-CM-1017-V1
Celeriac & Cauliflower Cheese Mash

Ratio 2:1

- Preparation time: 5 - 10 minutes
- Cooking time: 10 - 15 minutes
- Recipe makes: 1 portion

This recipe can be adapted to the following:

Recipe provides approximately:

<table>
<thead>
<tr>
<th>Nutritional content</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>21.7g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>7.1g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>3.7g</td>
<td></td>
</tr>
<tr>
<td>Energy (calories)</td>
<td>238kcal</td>
<td></td>
</tr>
</tbody>
</table>
# Celeriac & Cauliflower Cheese Mash

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celeriac, peeled &amp; chopped</td>
<td>80g</td>
<td></td>
</tr>
<tr>
<td>Cauliflower, finely chopped</td>
<td>40g</td>
<td></td>
</tr>
<tr>
<td>Cheddar cheese, grated</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td><strong>carbzero™</strong></td>
<td>30g</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Salt and Pepper (optional)</td>
<td>A pinch</td>
<td></td>
</tr>
</tbody>
</table>

**Method**

1. Add celeriac and cauliflower to a saucepan, cover with water and bring to the boil. Cook for 10 – 15 minutes or until soft, then drain well. Mash with a potato masher.
2. Add mash to a bowl with cheese, **carbzero**, butter and salt and pepper.
3. Mix and mash with a fork.
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

*Always check with your dietitian about what is best suited to your requirements.*

1. Repeat steps 1 & 2.
2. Add 10ml of water and blend until a smooth thick purée is achieved.

1. Repeat steps 1 & 2.
2. Add 60ml of water and blend until a smooth thin purée is achieved.

Alternatively adding 50ml of carbzero plus 10ml of water and blending to thin purée will give a 3:1 ratio.

Carbzero is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information.
Celeriac & Cauliflower Cheese Mash

Add your own notes on perfecting this recipe to suit you.

---

Nutritional content Quantity Your recipe

<table>
<thead>
<tr>
<th>Fat</th>
<th>21.7g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>7.1g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>3.7g</td>
</tr>
<tr>
<td>Energy (calories)</td>
<td>238kcal</td>
</tr>
</tbody>
</table>

Recipe provides approximately:

- Ratio 2:1
- Preparation time: 5 - 10 minutes
- Cooking time: 10 - 15 minutes
- Recipe makes: 1 portion

This recipe can be adapted to the following:

- Soft
- Thick
- Purée
- Soft
- Thin
- Purée

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SO-CCCM-1017-V1
Avocado, Tomato & Garlic

Ratio 3:1

- Preparation time: 5 - 10 minutes
- No cooking required
- Recipe makes: 1 portion

This recipe can be adapted to the following:

Recipe provides approximately:

<table>
<thead>
<tr>
<th>Nutritional content</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>8.6g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1.1g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>1.7g</td>
<td></td>
</tr>
<tr>
<td>Energy (calories)</td>
<td>89kcal</td>
<td></td>
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</tbody>
</table>
Avocado, Tomato & Garlic

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado flesh</td>
<td>42g</td>
<td></td>
</tr>
<tr>
<td>Tinned chopped tomatoes</td>
<td>30g</td>
<td></td>
</tr>
<tr>
<td>Gia garlic puree</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

**Method**

1. Add avocado, tinned chopped tomatoes and garlic purée into a bowl.
2. Mash with a fork.
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

**Always check with your dietitian about what is best suited to your requirements.**

1. Repeat steps 1.
2. Blend until mixture becomes a smooth thick purée.

1. Repeat step 1.
2. Add 20ml of water and blend until mixture becomes a smooth thin purée.

**Serving Suggestion**

• **Add some fish to this recipe to increase the protein!**
  
  *Note: This may affect the ratio, so always check.*

Refer to labels for allergen and other product information.
Avocado, Tomato & Garlic

Add your own notes on perfecting this recipe to suit you.
**Mini Fry Muffins**

**Ratio 2:1**

- Preparation time: 10 - 15 minutes
- Cooking time: 30 - 35 minutes
- Recipe makes: 2 mini fry muffins

This recipe can be adapted to the following:

Recipe provides **approximately**:

<table>
<thead>
<tr>
<th>Nutritional content</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>28.6g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>13.2g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Energy (calories)</td>
<td>314kcal</td>
<td></td>
</tr>
</tbody>
</table>
## Mini Fry Muffins

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage, gluten free, skinless e.g. Heck</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Mushrooms, finely chopped</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td>Spring onions, finely chopped</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Egg, beaten</td>
<td>40g</td>
<td></td>
</tr>
<tr>
<td><strong>carbzero™</strong></td>
<td>35g</td>
<td></td>
</tr>
<tr>
<td>Butter, melted</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Ham, finely chopped</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Cheddar cheese, grated</td>
<td>10g</td>
<td></td>
</tr>
</tbody>
</table>

### Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. Place sausage on a baking tray, and cook for approx. 10 minutes until cooked, but not crispy.
3. Meanwhile, heat oil in a saucepan, add mushrooms & spring onions and fry until soft.
4. Add egg & **carbzero** into a bowl and mix. Add butter, ham, cooked mushrooms & spring onions into the bowl and mix.
5. Once sausage has cooked, chop finely and add to bowl.
6. Using a silicone muffin tray, divide mixture equally into two muffin holes.
7. Sprinkle 5g cheese on top of each, bake in oven for approx. 20 minutes.
8. Once cooked, leave to cool & remove from muffin tray.
9. Mash with a fork.
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

Always check with your dietitian about what is best suited to your requirements.

1. Repeat steps 1-8.
2. Add 15ml of water and blend until a smooth thick purée is achieved.

Carbzero is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.
Mini Fry Muffins

Add your own notes on perfecting this recipe to suit you.

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Ratio 2:1

Nutritional content  Quantity Your recipe

- Fat 28.6g
- Protein 13.2g
- Carbohydrate 1g
- Energy (calories) 314kcal

Recipe provides approximately:
- Preparation time: 10 - 15 minutes
- Cooking time: 30 - 35 minutes
- Recipe makes: 2 mini fry muffins

This recipe can be adapted to the following:

Options Soft Options Soft Fork Mashable from Vitaflo

Options Soft Options Soft Thick Purée Options Soft Thin Purée

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SO-MFM-1017-V1
Kedgeree

Ratio 3:1

- Preparation time: 10 - 15 minutes
- Cooking time: 30 - 35 minutes
- Recipe makes: 1 portion

This recipe can be adapted to the following:

Recipe provides approximately:

<table>
<thead>
<tr>
<th>Nutritional content</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>14.6g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>2.6g</td>
<td></td>
</tr>
<tr>
<td>Energy (calories)</td>
<td>538kcal</td>
<td></td>
</tr>
</tbody>
</table>
**Method**

1. Heat oil and butter in a frying pan over a medium heat. Add cauliflower, mushrooms and spring onions, fry for 2-3 minutes.

2. Add haddock, turmeric, parsley, coriander, curry powder and **Carbzero**, cook for 20-25 minutes until liquid reduces. Add in chopped egg. Stir and cook for another 2-3 minutes, then serve.
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

Always check with your dietitian about what is best suited to your requirements.

1. Repeat steps 1 & 2.
2. Add 20ml of water and blend until a smooth thick purée is achieved.

1. Repeat steps 1 & 2.
2. Add 60ml of water and blend until a smooth thin purée is achieved.

Carbzero is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information.
Kedgeree

Add your own notes on perfecting this recipe to suit you.
Trio of Fish Pie

Ratio 2:1

- Preparation time: 10 - 15 minutes
- Cooking time: 45 - 50 minutes
- Recipe makes: 1 portion

This recipe can be adapted to the following:

Recipe provides approximately:

<table>
<thead>
<tr>
<th>Nutritional content</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
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<td>Fat</td>
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</tr>
<tr>
<td>Protein</td>
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<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>1.9g</td>
<td></td>
</tr>
<tr>
<td>Energy (calories)</td>
<td>500kcal</td>
<td></td>
</tr>
</tbody>
</table>
Trio of Fish Pie

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Filling:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Mushrooms, finely chopped</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td>Spring onions, finely chopped</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td>Salmon, skinned, boneless &amp; finely chopped</td>
<td>30g</td>
<td></td>
</tr>
<tr>
<td>Haddock, skinned, boneless &amp; finely chopped</td>
<td>30g</td>
<td></td>
</tr>
<tr>
<td>Cod, skinned, boneless &amp; finely chopped</td>
<td>30g</td>
<td></td>
</tr>
<tr>
<td><strong>carbzero™</strong></td>
<td>50g</td>
<td></td>
</tr>
<tr>
<td><strong>Topping:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celeriac, diced</td>
<td>50g</td>
<td></td>
</tr>
<tr>
<td><strong>carbzero</strong></td>
<td>25g</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>8g</td>
<td></td>
</tr>
<tr>
<td>Cheddar cheese</td>
<td>10g</td>
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</tr>
</tbody>
</table>

**Method**

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. Add celeriac to a saucepan, cover with water and bring to the boil. Cook for 10-15 minutes, until soft, then drain well.

**Filling:**

3. Heat oil and butter in a frying pan, add mushrooms and spring onions and fry for 2-3 minutes.
4. Add salmon, haddock, cod and fry for a further 4-5 minutes, until cooked.
5. Add **carbzero**, then bring to the boil and simmer for 5 minutes until liquid reduces.
6. Add filling to a small oven proof dish (4 inches wide x 2 inches deep). Ensure there is no “pooling” of liquid.

**Topping:**

7. Add cooked celeriac to a small bowl with **carbzero**, butter and cheese. Blend until smooth.
8. Add mash to top of filling.
9. Cover pie loosely with tinfoil and bake in the oven for 20 minutes.

Soft Options

Fork Mashable
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

*Always check with your dietitian about what is best suited to your requirements.*

1. Repeat steps 1-9.
2. Allow to cool, then blend until a smooth thick purée is achieved.

1. Repeat steps 1-9.
2. Allow to cool. Add 10ml of water and blend until a smooth thin purée is achieved.

Carbzero is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information.
Trio of Fish Pie

Add your own notes on perfecting this recipe to suit you.
Salmon Fish Cake

Ratio 2:1

- Preparation time: 10 minutes
- Cooking time: 40 - 50 minutes
- Recipe makes: 1 portion

This recipe can be adapted to the following:

Recipe provides approximately:

<table>
<thead>
<tr>
<th>Nutritional content</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
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<tr>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>8.6g</td>
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<tr>
<td>Carbohydrate</td>
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</tr>
<tr>
<td>Energy (calories)</td>
<td>240kcal</td>
<td></td>
</tr>
</tbody>
</table>
Salmon Fish Cake

**Ingredients** | **Quantity** | **Your recipe**
--- | --- | ---
Celeriac, peeled & finely diced | 100g | 
**carbzero™** | 25g | 
Butter | 10g | 
Olive oil | 4g | 
Salmon, skin removed, boneless, finely chopped | 30g | 
Egg, beaten | 10g | 
Mixed herbs, dried | 2 pinches | 

**Method**

1. Add celeriac to a saucepan, cover with water and bring to the boil. Cook for 10-15 minutes, until soft, then drain well.
3. Add celeriac to a bowl with carbzero and butter, and blend.
4. Heat oil in a frying pan over a medium heat. Add salmon and fry for 5 minutes, until cooked.
5. Add salmon, egg and mixed herbs to celeriac mash and mix thoroughly.
6. Line a baking tray with greaseproof paper. Place a scone cutter on to the lined tray and spoon fish cake mixture in, remove scone cutter before placing in oven.
7. Bake in oven for 25-30 minutes (don’t allow fish cake to get crispy).
8. Once cooked, mash with a fork.
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

*Always check with your dietitian about what is best suited to your requirements.*

1. Repeat steps 1-7.
2. Add 25ml of water and blend until a smooth thick purée is achieved.

1. Repeat steps 1-7.
2. Add 40ml of water and blend until a smooth thin purée is achieved.

- **Top Tip**

  • *Use an alternative type of fish to salmon for a change!*
  
  Note: This may affect the ratio, so always check.

Carbzero is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.
Beef Bolognese

Ratio 3:1

- Preparation time: 10 minutes
- Cooking time: 25 - 30 minutes
- Recipe makes: 1 portion

This recipe can be adapted to the following:

Recipe provides approximately:

<table>
<thead>
<tr>
<th>Nutritional content</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
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<tbody>
<tr>
<td>Fat</td>
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<tr>
<td>Protein</td>
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<td>Carbohydrate</td>
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<td>Energy (calories)</td>
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Beef Bolognese

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<tr>
<th>Ingredients</th>
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<th>Your recipe</th>
</tr>
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<tbody>
<tr>
<td>Olive oil</td>
<td>15g</td>
<td></td>
</tr>
<tr>
<td>Beef mince</td>
<td>40g</td>
<td></td>
</tr>
<tr>
<td>Mushrooms, finely chopped</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td>Spring onions, finely chopped</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Gia garlic purée</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Gia sundried tomato purée</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Oregano, dried</td>
<td>A pinch</td>
<td></td>
</tr>
<tr>
<td>Tinned chopped tomatoes</td>
<td>30g</td>
<td></td>
</tr>
<tr>
<td>carbzero™</td>
<td>40g</td>
<td></td>
</tr>
</tbody>
</table>

Method

1. Heat oil in a frying pan on a medium heat. Add beef mince, mushrooms, spring onions, garlic purée, tomato purée and oregano and fry for approx. 15 minutes until mince has cooked and vegetables are soft.
2. Add tinned chopped tomatoes and cook for a further 2 minutes.
3. Add carbzero, stirring occasionally and cook until liquid reduces completely.
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

*Always check with your dietitian about what is best suited to your requirements.*

1. Repeat steps 1-3.
2. Add 20ml water and blend until a smooth thick purée is achieved.

1. Repeat steps 1-3.
2. Add 55ml water and blend until a smooth thin purée is achieved.

**Top Tip**

- Any type of mince can be used in this recipe!
- Note: This may affect the ratio, so always check.

Carbzero is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information.
Beef Bolognese

Add your own notes on perfecting this recipe to suit you.

---

**Nutritional content**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
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<tbody>
<tr>
<td>Fat</td>
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</tr>
<tr>
<td>Protein</td>
<td>8.7g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>1.2g</td>
</tr>
<tr>
<td>Energy (calories)</td>
<td>311kcal</td>
</tr>
</tbody>
</table>

Recipe provides:

- **Preparation time:** 10 minutes
- **Cooking time:** 25 - 30 minutes
- **Recipe makes:** 1 portion

This recipe can be adapted to the following:

- Soft
- Options
- Soft
- Fork
- Mashable
- from Vitaflo

- Soft
- Options
- Soft
- Thick
- Purée
- Options
- Soft
- Thin
- Purée

**Ratio 3:1**

---

SO-BB-1017-V1
Lamb Mince Curry

Ratio 2:1

- Preparation time: 10 minutes
- Cooking time: 30 - 35 minutes
- Recipe makes: 1 portion

This recipe can be adapted to the following:

Recipe provides approximately:

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<th>Nutritional content</th>
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<th>Your recipe</th>
</tr>
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<tr>
<td>Protein</td>
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Lamb Mince Curry

<table>
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<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mooli, peeled &amp; finely chopped</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td>Celeriac, peeled &amp; finely chopped</td>
<td>50g</td>
<td></td>
</tr>
<tr>
<td>Spring onions, finely chopped</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td>12g</td>
<td></td>
</tr>
<tr>
<td>Lamb mince</td>
<td>40g</td>
<td></td>
</tr>
<tr>
<td>Mushrooms, finely chopped</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td>Curry powder</td>
<td>A pinch</td>
<td></td>
</tr>
<tr>
<td>Gia garlic purée</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Gia sundried tomato purée</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Tinned chopped tomatoes</td>
<td>30g</td>
<td></td>
</tr>
<tr>
<td>carbzero™</td>
<td>35g</td>
<td></td>
</tr>
</tbody>
</table>

Method

1. Add mooli, celeriac & spring onion to a saucepan, cover with water and bring to the boil. Cook for 10-15 minutes until soft, then drain.

2. Add oil to a frying pan and heat. Add mince and all vegetables, curry powder, garlic and tomato purée and fry for approx. 10 minutes until cooked.

3. Add tinned chopped tomatoes and cook for a further 2 minutes.

4. Add carbzero and cook over a medium heat for a further 4-5 minutes, until liquid reduces completely.

5. Mash with a fork.
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

**Always check with your dietitian about what is best suited to your requirements.**

1. Repeat steps 1-4.
2. Add 20ml of water and blend until a smooth thick purée is achieved.

1. Repeat steps 1-4.
2. Add 55ml of water and blend until a smooth thin purée is achieved.

• **Any type of mince can be used in this recipe!**
  Note: This may affect the ratio, so always check.

Carbzero is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.
Lamb Mince Curry

Add your own notes on perfecting this recipe to suit you.
Vegetable Curry

Ratio 3:1

- Preparation time: 15 minutes
- Cooking time: 25 minutes
- Recipe makes: 1 portion

Recipe provides approximately:

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<tr>
<th>Nutritional content</th>
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<tr>
<td>Protein</td>
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<td>Carbohydrate</td>
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<td>Energy (calories)</td>
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**Vegetable Curry**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mooli, peeled &amp; finely chopped</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td>Green pepper, finely chopped &amp; de-seeded</td>
<td>15g</td>
<td></td>
</tr>
<tr>
<td>Celeriac, peeled &amp; finely chopped</td>
<td>50g</td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
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<td></td>
</tr>
<tr>
<td>Mushrooms, finely chopped</td>
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<td></td>
</tr>
<tr>
<td>Spinach, finely chopped</td>
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</tr>
<tr>
<td>Curry powder</td>
<td>A pinch</td>
<td></td>
</tr>
<tr>
<td>Gia sundried tomato purée</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Gia garlic purée</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Tinned chopped tomatoes</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td><strong>carbzero™</strong></td>
<td>35g</td>
<td></td>
</tr>
</tbody>
</table>

**Method**

1. Add mooli, green pepper & celeriac to a saucepan, cover with water and bring to the boil. Cook for 10-15 minutes until soft, then drain.
2. Add oil to saucepan with cooked vegetables, then add mushrooms, spinach, curry powder, tomato puree & garlic puree and cook for 4-5 minutes, until all vegetables are soft.
3. Add tinned chopped tomatoes and cook for a further 1-2 minutes.
4. Add **carbzero™** and cook for another 4-5 minutes on a medium heat, until liquid reduces.
5. Mash with a fork.
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

Always check with your dietitian about what is best suited to your requirements.

1. Repeat steps 1-4.
2. Add 10ml of water and blend until a smooth thick purée is achieved.

1. Repeat steps 1-4.
2. Add 50ml of water and blend until a smooth thin purée is achieved.

Serving Suggestion

To add some extra protein why not add some chicken breast, fish or quorn to this meal.
Note: This may affect the ratio, so always check.

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Refer to labels for allergens and other product information.
Vegetable Curry

Add your own notes on perfecting this recipe to suit you.
Avocado, Banana & Coconut Dessert

Ratio 2:1

- Preparation time: 5 - 10 minutes
- No cooking required
- Recipe makes: 1 portion

This recipe can be adapted to the following:

Recipe provides approximately:

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<tr>
<th>Nutritional content</th>
<th>Quantity</th>
<th>Your recipe</th>
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<td>Protein</td>
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<td>Carbohydrate</td>
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</tr>
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<td>Energy (calories)</td>
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</table>
Avocado, Banana & Coconut Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Your recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado flesh</td>
<td>40g</td>
<td></td>
</tr>
<tr>
<td>Banana, chopped</td>
<td>15g</td>
<td></td>
</tr>
<tr>
<td>Coconut milk</td>
<td>22g</td>
<td></td>
</tr>
</tbody>
</table>

Method

1. Add avocado, well mixed coconut milk and banana into a bowl.
2. Mash with a fork.
For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you’ll find guidance on how to achieve alternative consistencies for this particular recipe.

*Always check with your dietitian about what is best suited to your requirements.*

1. Repeat step 1.
2. Add 10ml of water and blend until a smooth thick puree is achieved.

1. Repeat step 1.
2. Add 45ml of water and blend until a smooth thin puree is achieved.

• Serve as a dessert or part of a meal to ensure energy and nutritional requirements are met.

Refer to labels for allergen and other product information.
Avocado, Banana & Coconut Dessert

Add your own notes on perfecting this recipe to suit you.
Soft Options

www.myketogenicdiet.co.uk

Carbzero™, betaquik® and Keyo® are foods for special medical purposes and must be used under medical supervision.