



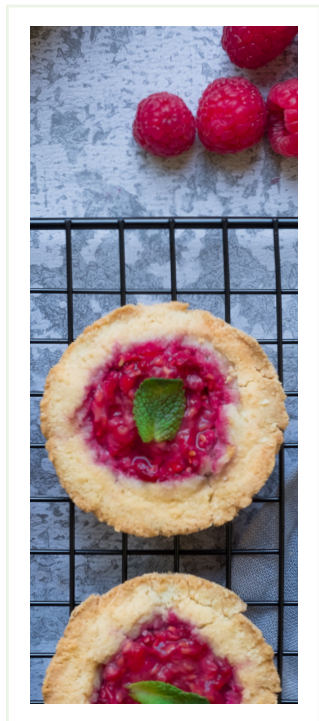
CLASSICAL
KETOGENIC DIET

Recipe Book

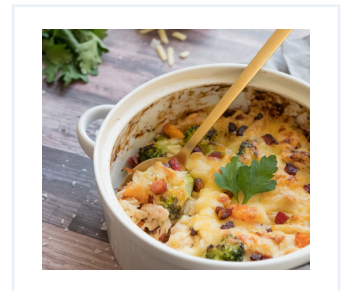
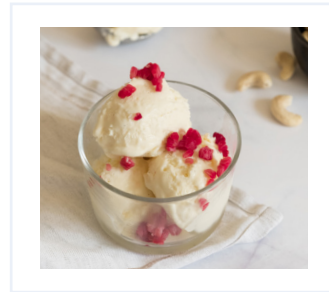
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Why KetoVie?

We aim to simplify your everyday through our ready to drink, nutritionally complete **KetoVie 4:1** formula.

KetoVie 4:1 can help children with epilepsy eat the foods they like to eat, connect with their loved ones and be special for reasons other than having this seizure disorder.

We are in this together. Our knowledge is your knowledge. Our research is your research. Our ideas are your ideas.

***We invite you to join us
in our mission to reclaim
your “everyday”.***





Breakfast

Halloumi, Avocado and Tofu Brunch 2.1:1

YOU
WILL
NEED

30g Mediterranean style block cheese, Violife
30g avocado
30g silken tofu, Yutaka or Tesco
5g olive oil
31g double cream, Tesco
2.5g ground turmeric
3g salt

- 1 Heat half the oil in small frying pan and add tofu, breaking it into 'scrambled egg' pieces with a spoon. Add the turmeric and salt to season and cook for 10 minutes, stirring constantly.
- 2 In a separate pan, heat remaining oil and add sliced Violife cheese. Fry on both sides until golden brown.
- 3 Slice avocado and plate up with cheese and tofu.
- 4 Serve with cream.

NUTRITIONAL INFORMATION PER SERVING

1	2.1:1	347	31.9	11.4
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



IMPORTANT : This recipe will need to be adapted to each individual's prescription. Please do not attempt any type of ketogenic diet without medical supervision.





Apple and Peanut Butter Dip 3.5:1

YOU
WILL
NEED

17g apple, no skin
7g smooth peanut butter
11g coconut cream
11g coconut oil
3.5g natural sweetener, Truvia

- 1 Slice the apple.
- 2 Mix the Truvia, peanut butter, cream and oil together in a small dish.
- 3 Dip the apple into the peanut dip and enjoy!

NUTRITIONAL INFORMATION PER SERVING

1	3.5:1	172	17	3
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Chia Pudding 2:1

YOU
WILL
NEED

40g **KetoVie 4:1 Vanilla**

30g double cream, Tesco

16g kiwi fruit, peeled and finely chopped

43g chia seeds, whole

5g ground cinnamon

5g vanilla extract

40ml water

- 1 In a small dish, mix KetoVie, cream, chia seeds, cinnamon, vanilla and water.
- 2 Soak overnight in the fridge.
- 3 Top with chopped kiwi in the morning and enjoy!

NUTRITIONAL INFORMATION PER SERVING

1	2:1	377	34.2	7.7
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Soups

Cauliflower Cheese Soup 3.8:1

YOU WILL NEED

32g double cream, Tesco
22g cauliflower, finely chopped
12g coconut oil
24g mature cheddar cheese, Cathedral City, grated
100ml vegetable stock, OXO, made up as directed

- 1 Boil cauliflower until cooked through (5-10 minutes). Drain and cool.
- 2 Add all ingredients to a small soup bowl, cover and microwave for 3 minutes, stirring every 30 seconds.

NUTRITIONAL INFORMATION PER SERVING

1	3.8:1	369	36.6	2.2
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Mushroom, Garlic and Parsley Soup 2.7:1

YOU WILL NEED

150g white mushrooms, chopped
190ml vegetable stock, OXO, made up as directed
20g onion, finely chopped
8g parsley
2g garlic
50g double cream, Tesco
15g olive oil

- 1 In a saucepan, fry onions and garlic in oil until golden brown.
- 2 Add chopped mushrooms and stir for 5-10 minutes.
- 3 Add stock and parsley, bring to the boil and simmer for 5 minutes.
- 4 Cool and blend until smooth.
- 5 Stir in the cream.

NUTRITIONAL INFORMATION PER SERVING

1	2.7:1	437	42	8.5
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Cream of Tomato Soup 3:1

YOU WILL NEED

220g tinned tomatoes, chopped
18g onion, finely chopped
4g garlic, crushed
10g olive oil
10g unsalted butter, Tesco
4g dried oregano
30g double cream, Tesco
salt/pepper (optional)

- 1 In a saucepan, melt butter and oil. Add the onions and stir until golden brown.
- 2 Add garlic, oregano and tomatoes, season (optional), bring to boil and then simmer for 5-7 minutes.
- 3 Leave to cool and blend until smooth.
- 4 Stir in the double cream before serving.

NUTRITIONAL INFORMATION PER SERVING

1	3:1	352	34.1	8.3
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Main Meals

Baked Vegetables with Hazelnut Cream 3:1

YOU
WILL
NEED

43g double cream, Tesco
30g parsnips
30g carrots
30g pumpkin
10g almond oil
15g hazelnuts
2g salt

- 1 Preheat oven to 200°C.
- 2 Crush the hazelnuts (or thinly slice) and slice all vegetables into matchsticks.
- 3 Mix vegetable sticks with half of the oil, season with salt, and oven cook for 15-20 minutes (or until cooked to your liking).
- 4 In a small pan, heat half of the oil, cream and nuts until combined for 2-3 minutes. Remove from the heat and using a spatula, transfer to a small serving dish.
- 5 Serve vegetables with the hazelnut cream.

NUTRITIONAL INFORMATION PER SERVING

1	3:1	426	41.3	9.8
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Chicken, Bacon and Vegetable Hotpot 2:1

YOU WILL NEED

- 36g double cream, Tesco
- 17g broccoli
- 17g carrots
- 35g chicken breast, skinless
- 15g bacon (including fat)
- 33g mature cheddar cheese, Cathedral City
- 8g unsalted butter, Tesco

- 1 Preheat the oven to 190°C.
- 2 Finely slice the chicken, bacon, broccoli and carrots.
- 3 Pan fry the chicken and bacon for approx. 5 minutes until cooked through
- 4 Microwave the broccoli and carrots for 2-3 minutes, or boil them for 10 minutes.
- 5 In a small baking dish, mix the vegetables, chicken, bacon (including fat), butter and cream. Bake for 5 minutes.
- 6 Remove from the oven, sprinkle the grated cheese on top and bake for a further 2 minutes.

NUTRITIONAL INFORMATION PER SERVING

1	2:1	475	43.2	2.6
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams

IMPORTANT : This recipe will need to be adapted to each individual's prescription. Please do not attempt any type of ketogenic diet without medical supervision.

Moussaka 2:1

YOU WILL NEED

45g aubergine, thinly sliced into large rounds	25g tinned tomatoes, chopped
15g olive oil	2g mixed herbs
35g ground lamb meat	2g cinnamon
10g onion, finely chopped	15g mozzarella
28g crème fraîche	16g double cream, Tesco
5g fresh garlic, crushed	salt to taste

- 1 Preheat oven to 220°C.
- 2 Slice the aubergine as thinly as possible. Brush over half of oil and place on a baking tray. Cook for 10 minutes on each side (total 20 minutes), or until golden brown. Ensure the turn the pieces over halfway through to brown on both sides.
- 3 Whilst the aubergine is baking, heat the remaining oil in a small pan and stir fry the onion for 2-3 minutes. Then add the mince and stir for a further 5 minutes or until cooked through.
- 4 Add tomatoes, herbs, spices, salt and garlic to the mince, bring to boil and then simmer on a low heat for 5 minutes.
- 5 In a separate dish, mix the crème fraîche and double cream.
- 6 In a small baking dish, add the mince mixture, layer over the aubergine slices and spread over the crème fraîche cream mixture. Place the mozzarella on top and oven bake for 7-10 minutes.

NUTRITIONAL INFORMATION PER SERVING

1	2:1	484	43.8	7.3
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams

IMPORTANT : This recipe will need to be adapted to each individual's prescription. Please do not attempt any type of ketogenic diet without medical supervision.





Salmon and Broccoli 2:1

YOU
WILL
NEED

45g double cream, Tesco
20g broccoli
5g dill

74g salmon
10g cashew nuts
20g olive oil

- 1 Boil broccoli for 5-10 minutes.
- 2 Fry salmon in olive oil for 5-10 minutes until cooked through. Remove salmon from pan.
- 3 Add cashew nuts to hot frying pan and stir for 2 minutes, then add cream and stir for 3 minutes.
- 4 Add dill and stir for a further minute.
- 5 Serve salmon, cream and broccoli together.

NUTRITIONAL INFORMATION PER SERVING

1	2:1	586	53.3	4.5
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



IMPORTANT : This recipe will need to be adapted to each individual's prescription. Please do not attempt any type of ketogenic diet without medical supervision.

Keto Roast Dinner 2:1

YOU WILL NEED

40g double cream, Tesco	39g chicken breast, skinless
30g broccoli, chopped	6g olive oil
25g carrots, sliced	12g mature cheddar cheese, Cathedral City
40g aubergine, thinly sliced into rounds	15g unsalted butter, Tesco

- 1 Preheat the oven to 200°C. Wrap the chicken in foil and cook in oven for 15-20 minutes, or until cooked through.
- 2 Brush half of the oil over the sliced aubergine and grill on both sides for 10 minutes (20 minutes total) until browned and crispy.
- 3 Boil the carrots for 7-10 minutes.
- 4 Place the broccoli, butter and olive oil in a small oven dish and microwave for 2-3 minutes. Cover in cream and sprinkle over the cheese and oven cook for a further 5 minutes.
- 5 Serve the chicken, broccoli, aubergine crisps and carrots together.

NUTRITIONAL INFORMATION PER SERVING

1	2:1	488	44.4	4.8
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Snacks

Chocolate Granola Bar 4:1

YOU WILL NEED

3g natural sweetener, Truvia
4g pumpkin seeds
4g Brazil nuts
5g pecan nuts
5g 90% cocoa supreme dark chocolate, Lindt
7g liquid coconut oil

- 1 Grate, finely chop or crush all the nuts and seeds.
- 2 Melt the chocolate in a microwave for 10-15 seconds.
- 3 Mix all the ingredients together in a small dish and then lay out in a rectangle shape on a lined baking tray.
- 4 Freeze for 1-2 hours and then enjoy!

SUGGESTION: double or triple this recipe to make multiple snack bars. Use a mould to create perfectly shaped bars.

NUTRITIONAL INFORMATION PER SERVING

1	4:1	175	17.5	1.6
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



IMPORTANT : This recipe will need to be adapted to each individual's prescription. Please do not attempt any type of ketogenic diet without medical supervision.





Pizza Fat Bomb 3:1

YOU
WILL
NEED

5g basil
6g chorizo, cooked
110g full fat cream cheese
10g red pesto, Tesco
30g olives

- 1 Finely chop the basil, olives and chorizo.
- 2 Mix all ingredients together and roll into 4 equal balls.
- 3 Place in fridge for 3-4 hours to harden before eating.

FUN ALTERNATIVE : Enjoy with keto crackers or on cucumber slices.

NOTE : This recipe makes 4 servings

NUTRITIONAL INFORMATION PER SERVING

1	3:1	120	11.6	1.5
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Desserts



KetoVie Ice Cream 6.5:1

YOU
WILL
NEED

125ml (1/2 carton) **KetoVie 4:1 Vanilla**
50g double cream, Tesco
8g vanilla extract
20g natural sweetener, Truvia
10g unsalted butter, Tesco

- 1 In a medium sized bowl whip the cream until stiff.
- 2 Mix in the vanilla extract and sweetener
- 3 Gradually add the KetoVie 4:1 Vanilla, stirring slowly and consistently until combined.
- 4 Melt the butter and mix in.
- 5 Distribute into 4x even freezer safe moulds.
- 6 Freeze for 2-3 hours and serve.

SUGGESTION : If freezing overnight, allow to thaw for 10-15 minutes before eating.

NOTE : This recipe makes 4 servings.

NUTRITIONAL INFORMATION PER SERVING

1	6.5:1	123	12.8	0.7
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams

IMPORTANT : This recipe will need to be adapted to each individual's prescription. Please do not attempt any type of ketogenic diet without medical supervision.

Chocolate and Peanut Butter Smoothie 3:1

YOU
WILL
NEED

250ml **KetoVie 4:1 Chocolate**
17g smooth peanut butter, Tesco
10g natural sweetener, Truvia
ice

- 1 Blend all ingredients together with ice.
- 2 Serve with extra ice.

NUTRITIONAL INFORMATION PER SERVING				
1	3:1	492	47.6	3.2
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



IMPORTANT : This recipe will need to be adapted to each individual’s prescription. Please do not attempt any type of ketogenic diet without medical supervision.





Fruit Tart 3.75:1

YOU WILL NEED

14.4g raspberries
2g vanilla extract
5g raw egg whites
25g ground macadamia nuts

- 1 Preheat oven to 180°C.
- 2 Crush or grate the macadamia nuts if whole.
- 3 Mix the egg white, vanilla extract and macadamia nuts together in a small bowl.
- 4 Mash the raspberries into a puree.
- 5 Press the nut mixture into a small silicone mould.
- 6 Make a small hollow in the centre and spoon in the raspberry puree.
- 7 Bake for 15 minutes or until lightly browned.

NUTRITIONAL INFORMATION PER SERVING

1	3.75:1	192	19	2.4
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



IMPORTANT : This recipe will need to be adapted to each individual's prescription. Please do not attempt any type of ketogenic diet without medical supervision.

Strawberry Mousse 7:1

YOU
WILL
NEED

250ml **KetoVie 4:1 Vanilla**

95g fresh blended strawberries

236g double cream, Tesco

TOOLS : Cream whipping device

- 1 Refrigerate all ingredients overnight.
- 2 Pour the cream, KetoVie 4:1, and strawberry puree into your cream whipping device and whip until stiff.
- 3 Divide into 12 even portions and store in the fridge.

SUGGESTION : Top with extra strawberries (adjust Ketogenic ratio accordingly).

NOTE: This recipe makes 12 servings.

NUTRITIONAL INFORMATION PER SERVING

1	7:1	124	12.9	0.8
servings	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Questions? Contact the team at UKINFO@Cambrooke.com or call **0161 962 7377**

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