

Keto Vie™

Everyday is Everything

Rainbow Ice Lollies

Eat Well, Live Well.



CAMBROOKE™



MERMAID ICE

YOU
WILL
NEED

250 ml **KetoVie 4:1 Vanilla**

10 g natural sweetener, Truvia

16 g coconut oil

5 g blueberries (frozen for better colour)

2 g xanthan gum

3 g McCormick Nature's Inspirations Food Colours (purple)
or other natural food colouring

- 1 Pour KetoVie into sauce pan and add oil.
- 2 Melt the oil on a low heat for 2-3 minutes. Don't boil or simmer. Turn off the heat.
- 3 Add sweetener and other ingredients and pulse in blender.
- 4 Pour into 4 silicone ice popsicle moulds and place in freezer for a minimum of 8 hours or overnight.



NUTRITIONAL INFORMATION PER SERVING

4	4:1	126	2.2	12.6	1
servings	ketogenic ratio	calories kcal	protein grams	fat grams	net carb 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.



UNICORN ICE

YOU
WILL
NEED

250 ml **KetoVie 4:1 Vanilla**

15 g coconut oil

2 g xantham gum

5 g vanilla extract

5 g natural sweetener, Truvia

3 g McCormick Nature's Inspirations Food Colours (blue)
or other natural food colouring

- 1 Pour KetoVie into sauce pan and add oil.
- 2 Melt the oil on a low heat for 2-3 minutes. Don't boil or simmer. Turn off the heat.
- 3 Add natural sweetener and other ingredients and pulse in blender.
- 4 Pour into 4 silicone moulds and place in freezer for a minimum of 8 hours or overnight.



NUTRITIONAL INFORMATION PER SERVING

4	4:1	124	2.2	12.4	0.9
servings	ketogenic ratio	calories kcal	protein grams	fat grams	net carb 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.

DRAGON ICE

YOU
WILL
NEED

250 ml **KetoVie 4:1 Vanilla**

15 g coconut oil

16 g avocado

2 g xanthan gum

11 g natural sweetener, Truvia

3 g McCormick Nature's Inspirations Food Colours (green)
or other natural food colouring

- 1 Pour KetoVie into sauce pan and add oil.
- 2 Melt the oil on a low heat for 2-3 minutes. Don't boil or simmer. Turn off the heat.
- 3 Add sweetener and other ingredients and pulse in blender.
- 4 Pour into 4 silicone moulds and place in freezer for a minimum of 8 hours or overnight.



NUTRITIONAL INFORMATION PER SERVING

4	4:1	128	2.3	12.8	0.9
servings	ketogenic ratio	calories kcal	protein grams	fat grams	net carb 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.



FAIRY ICE

YOU
WILL
NEED

250 ml **KetoVie 4:1 Vanilla**

16 g coconut oil

10 g strawberries, fresh or frozen

10 g natural sweetener, Truvia

2 g xanthan gum

3 g McCormick Nature's Inspirations Food Colours (yellow)
or other natural food colouring

- 1 Pour KetoVie into sauce pan and add oil.
- 2 Melt the oil on a low heat for 2-3 minutes. Don't boil or simmer. Turn off the heat.
- 3 Add Truvia and other ingredients and pulse in blender.
- 4 Pour into 4 silicone moulds and place in freezer for a minimum of 8 hours or overnight.



NUTRITIONAL INFORMATION PER SERVING

4	4:1	126	2.2	12.6	1
servings	ketogenic ratio	calories kcal	protein grams	fat grams	net carb 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.

SUPERHERO ICE

YOU
WILL
NEED

250 ml **KetoVie 4:1 Chocolate**

18 g coconut oil

10 g almond butter

2 g xanthan gum

5 g natural sweetener, Truvia

3 g McCormick Nature's Inspirations Food Colours (red)
or other natural food colouring

- 1 Pour KetoVie into sauce pan and add oil.
- 2 Melt the oil on a low heat for 2-3 minutes. Don't boil or simmer. Turn off the heat.
- 3 Add sweetener and other ingredients and pulse in blender.
- 4 Pour into 4 silicone moulds and place in freezer for a minimum of 8 hours or overnight.



NUTRITIONAL INFORMATION PER SERVING

4	4:1	153	2.6	15.3	1.1
servings	ketogenic ratio	calories kcal	protein grams	fat grams	net carb 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.



WIZARD ICE

YOU
WILL
NEED

250 ml **KetoVie 4:1 Vanilla**

20 g coconut oil

12 g mango

5 g natural sweetener, Truvia

2 g xantham gum

3 g McCormick Nature's Inspirations Food Colours (yellow)
or other natural food colouring

- 1 Pour KetoVie into sauce pan and add oil.
- 2 Melt the oil on a low heat for 2-3 minutes. Don't boil or simmer. Turn off the heat.
- 3 Add sweetener and other ingredients and pulse in blender.
- 4 Pour into 4 silicone moulds and place in freezer for a minimum of 8 hours or overnight.



NUTRITIONAL INFORMATION PER SERVING

4	4:1	135	2.2	13.5	1.2
servings	ketogenic ratio	calories kcal	protein grams	fat grams	net carb 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.



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