






**KetoVie** Café™  
Everyday is Everything

**KWIK MIX**

# Recipe Book

For ketogenic diet inspiration follow us on   

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## **NEW!** KetoVie 4:1 Classical Ketogenic Diet Recipe Book

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

Our *\*NEW\** Classical Ketogenic Diet Recipe Book includes: Breakfasts, Soups, Main Meals and Desserts to inspire you in your family's keto journey. We are in this together!

**Request your sample pack by emailing us at [ukinfo@cambrooke.com](mailto:ukinfo@cambrooke.com).**





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NOTE: All recipe nutritional values have been calculated using the Keto Diet Calculator. Recipes should be adapted to suit individual dietary requirements.

# KetoVie Café Kwik Mix

Let's get baking with [Kwik Mix!](#)

- ✓ 4:1 ketogenic ratio
- ✓ 1.6 g total carbs per 28 g serving
- ✓ 9.5 g MCT per 28 g serving
- ✓ 142 kcals per 28 g serving
- ✓ Flour substitute for use in your favourite:
  - ✓ Cakes
  - ✓ Biscuits
  - ✓ Pancakes
  - ✓ And more...
- ✓ Blend of almond flour, macadamia nut meal and psyllium husk powder, which has a delicious natural texture, taste and appearance.

To order, contact [UKINFO@cambrooke.com](mailto:UKINFO@cambrooke.com)





*Breakfast*

# Pancakes 4.5:1

**YOU  
WILL  
NEED**

- 28 g KetoVie Café Kwik Mix
- 27 g double cream
- 37 g eggs, mixed well
- 10 g vegetable oil
- 7 g water

- 1 In a medium bowl, whisk the KetoVie Café Kwik Mix and eggs together.
- 2 Slowly add the cream and water, stirring until combined.
- 3 Heat the oil in a large frying pan.
- 4 Spoon in the pancake mix (you should have enough mixture for 5 small pancakes).
- 5 Flip on each side for 2-3 minutes.

**SUGGESTION:** Garnish with fruit or sugar-free syrup.

**NUTRITIONAL INFORMATION PER SERVING**

1	4.5:1	390	39.5	9.5	2.3
makes serving	ketogenic ratio	calories kcal	total fat grams	MCT grams	total 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.





## Blueberry Cream Cheese Muffin 2.7:1

YOU  
WILL  
NEED

- 28 g KetoVie Café Kwik Mix
- 60 g cream cheese, Philadelphia
- 25 g double cream
- 15 g eggs, mixed well
- 10 g liquid Stevia
- 5 g vanilla extract
- 20 g strawberries, fresh
- 20 g blueberries, fresh

- 1 Preheat oven to 180°C. Grease 4 silicone muffin moulds.
- 2 Put the cream, Stevia, egg, vanilla and KetoVie Café Kwik Mix in a bowl and mix together until combined.
- 3 Add the cream cheese and stir again for about 1 minute.
- 4 Divide the mixture evenly into 4 molds. Push in the berries on top of each until evenly distributed.
- 5 Bake in the oven on the middle rack for 20-25 minutes.
- 6 Leave to cool completely before serving.

### NUTRITIONAL INFORMATION PER SERVING

4	2.7:1	123	11.8	2.4	2.2
makes serving	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams



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# High Fibre Go-Go Muffins 3.3:1

## YOU WILL NEED

75 g KetoVie Café Kwik Mix	6 g butter
50 g egg	1 g baking powder
50 g Greek yogurt	1 g cinnamon
40 g double cream	16 g Stevia
20 g coconut oil	1 g salt
13 g ground flaxseed meal	

- 1 Preheat oven to 180°C.
- 2 Mix KetoVie Café Kwik Mix, ground flaxseed, baking powder, cinnamon, salt and Stevia together.
- 3 Melt the butter and add to the dry ingredients. Then add the remaining wet ingredients and stir until smooth.
- 4 Pour batter into 4 silicone muffin moulds.
- 5 Bake for 15-20 minutes or until cooked through.

## NUTRITIONAL INFORMATION PER SERVING

4	3.3:1	231	22.5	6.4	2.3
makes servings	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams



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# Main Meals

# Margherita Pizza 2.8:1

## YOU WILL NEED

### DOUGH

- 170 g KetoVie Café Kwik Mix
- 5 g wheat flour
- 10 g xanthan gum
- 120 ml water
- 15 g extra virgin olive oil
- 1 g salt

### TOPPINGS

- 60 g tomato puree
- 60 g mozzarella (whole milk)
- 20 g of extra virgin olive oil
- 1 g basil

- 1 Preheat oven to 180°C.
- 2 Combine KetoVie Café Kwik Mix, wheat flour, xanthan gum, salt and oil into a bowl.
- 3 Add water slowly, stirring mixture until combined.
- 4 Grease a 30 cm diameter baking tray and press the mixture into it.
- 5 Place tray in oven for 10-15 minutes on the middle shelf.
- 6 Remove from oven and top with tomato puree and mozzarella.
- 7 Return the pizza oven on the high shelf for another 5 minutes.
- 8 Remove and top with oil and basil.

### NUTRITIONAL INFORMATION PER SERVING (½ PIZZA)

2	2.8:1	643	61.6	28.8	9.8
makes servings	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams



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## Panini Mini Loaf 3.4:1

YOU  
WILL  
NEED

- 300 g KetoVie Café Kwik Mix
- 30 g xanthan gum
- 200 ml warm water
- 12 g yeast

- 1 Add KetoVie Café Kwik Mix, yeast and xanthan gum to a bowl. Pour in the water slowly whilst mixing, until combined.
- 2 Divide the mixture into 5 loaves. Place them in a container and cover with cling film. Leave to rise in a warm place for about 3 hours.
- 3 Bake in a preheated oven at 200°C for around 45 minutes or until cooked through.

### NUTRITIONAL INFORMATION PER SERVING (1 LOAF)

5	3.4:1	271	26.6	20.4	3.9
makes servings	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams



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# Cheese and Chive Scones 3.5:1

YOU  
WILL  
NEED

28 g KetoVie Café Kwik Mix

9 g eggs, mixed well

1 g garlic powder

15 g butter

1 g chives

13 g mature cheddar cheese, grated

1 g salt

- 1 Preheat oven to 190°C. Line a baking sheet with parchment paper.
- 2 Combine eggs and garlic powder in a small mixing bowl.
- 3 Cut the butter into small pieces and add to the mixture.
- 4 Add the KetoVie Café Kwik Mix and use your hands to mix the ingredients until a dough forms.
- 5 Mix in the chopped chives, cheese and salt.
- 6 Form into a biscuit/scone shape using your hands.
- 7 Bake for 12 minutes until golden brown.

## NUTRITIONAL INFORMATION PER SERVING

1	3.5:1	305	30.1	9.5	2.4
makes serving	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams



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# Snacks

# Frollini Biscuits 4.4:1

YOU  
WILL  
NEED

190 g KetoVie Café Kwik Mix

10 g wheat flour

60 g double cream

10 g liquid sweetener

50 g egg

60 g butter

- 1 Preheat oven to 180°C.
- 2 Combine all ingredients in a large mixing bowl and knead until soft.
- 3 Divide dough into 10 x 38 g balls. Roll each ball in your hands and then press down into a 1.5 cm thick biscuit.
- 4 Bake for around 25 minutes.

## NUTRITIONAL INFORMATION PER SERVING (1 BISCUIT)

10	4.4:1	167	16.8	6.4	2.0
makes servings	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams



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## Gingerbread Man 2.8:1

### YOU WILL NEED

#### DOUGH

- 15 g KetoVie Café Kwik Mix
- 10 g eggs, well mixed
- 8 g butter, softened
- 5 g cinnamon
- 10 g liquid sweetener

#### ICING

- 15 g double cream cheese, Philadelphia
- 5 g soft butter
- 1 g maple syrup
- 1 g pure vanilla extract

- 1 Preheat oven to 160°C. Grease or line a baking tray.
- 2 Combine all dough ingredients together in a medium bowl.
- 3 Once dough is formed, shape into a gingerbread man.
- 4 Bake in the oven on the middle rack for 7-8 minutes.

#### ICING

- 5 Stir all icing ingredients together in a bowl until smooth.
- 6 After gingerbread has cooled, decorate and distribute evenly.

#### GINGERBREAD MAN

##### NUTRITIONAL INFORMATION PER SERVING

1	2.8:1	148	14.1	5.1	2.7
makes serving	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams

#### ICING

##### NUTRITIONAL INFORMATION PER SERVING

1	3.5:1	95	9.18	0	1.5
makes serving	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams

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# Cauli-tots 3:1:1

**YOU  
WILL  
NEED**

- 28 g KetoVie Café Kwik Mix
- 110 g cauliflower
- 60 g mayonnaise
- 9 g onions
- 15 g parsley
- 36 g egg
- 40 g mature cheddar cheese
- salt & pepper to season

- 1 Preheat oven to 190°C.
- 2 Steam cauliflower. Pulse steamed cauliflower in a food processor or mash with a fork.
- 3 In medium bowl, combine all ingredients and season with salt and pepper.
- 4 Divide mixture into 8 x 37 g balls. Roll into small oval shaped tots.
- 5 Place one inch apart on a greased baking tray.
- 6 Bake for 10 minutes, turn over, and then bake for a further 10 minutes.
- 7 Serve with extra mayonnaise.

**NUTRITIONAL INFORMATION PER SERVING (2 CAULI-TOTS)**

4	3.1:1	201	19.6	2.4	1.7
makes servings	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams



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# Desserts

# Strawberry Crumble 4:1

YOU  
WILL  
NEED

- 28 g KetoVie Café Kwik Mix
- 20 ml KetoVie 4:1 Vanilla
- 5 g eggs, mixed well
- 2 g vanilla extract
- 27 g double cream
- 30 g strawberries, fresh

- 1 Preheat oven to 180°C. Line or grease a small muffin tin.
- 2 Combine eggs, vanilla extract and KetoVie Café Kwik Mix.
- 3 Drop mixture into muffin tin and smooth over.
- 4 Bake for 15-17 minutes, or until edges are golden brown.
- 5 With a mixer whip double cream with KetoVie 4:1 Vanilla, until medium to stiff peaks form, about 2-3 minutes.
- 6 Place cream in a bowl and top with the shortcake.
- 7 Sprinkle on the strawberries and serve.

## NUTRITIONAL INFORMATION PER SERVING

1	4:1	293	29.4	10.3	4.1
makes serving	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams



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# Molten Lava Brownie Cake 3:1:1

YOU WILL NEED

- 28 g KetoVie Café Kwik Mix
- 5 g unsweetened cocoa, Cadbury's Bournville
- 1 g vanilla extract
- 15 g peanut butter, crunchy
- 10 g eggs, mixed well
- 22 g butter
- 1 Tbsp water
- OPTIONAL: liquid Stevia

- 1 Preheat oven to 180°C.
- 2 Melt butter and allow to cool slightly.
- 3 Add cocoa powder, liquid Stevia (optional), vanilla extract, eggs and peanut butter and mix well.
- 4 Add KetoVie Café Kwik Mix to the wet ingredients and mix well.
- 5 Add 1 Tbsp water to the batter and mix well.
- 6 Place batter in a mold and bake for 13-15 minutes.
- 7 Optional glaze: Melt 7g peanut butter and 7g butter together and whisk until smooth. Drizzle over cake.

NUTRITIONAL INFORMATION PER SERVING					
1	3.1:1	410	39.9	9.5	5.5
makes serving	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams



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# Crepe 3.5:1

YOU  
WILL  
NEED

28 g KetoVie Café Kwik Mix  
30 g double cream  
45 g eggs, mixed well  
5 g vegetable oil  
1 drop liquid Stevia

5 g butter  
30 g Almond Breeze®  
Unsweetened Original  
Almond Milk

- 1 Combine egg and oil in a small bowl. Stir in cream and almond milk.
- 2 Add KetoVie Café Kwik Mix and Stevia, beat until smooth.
- 3 Heat a medium pan with non-stick spray. Reduce heat.
- 4 Pour half the batter into heated pan. Tip the pan in circular motions to spread the batter evenly around base.
- 5 Cook on low heat for 2 minutes. Cover and cook for another 1½ minutes. Remove from heat.
- 6 Cool and then flip crepe onto the uncooked side. Cook for another 1½ minutes on low heat.
- 7 Repeat this process for the second crepe, using the remaining batter.
- 8 Serve with butter and/or with suggested toppings.

**SUGGESTION:** Garnish with fruit or sugar-free syrup.

## NUTRITIONAL INFORMATION PER SERVING (1 CREPE)

2	3.5:1	210	20.6	4.8	2.0
makes servings	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams

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# *Special Occasions*

# Keto Birthday Cake 4.1:1

YOU  
WILL  
NEED

## CAKE

28 g KetoVie Café Kwik Mix  
9 g double cream  
3 g sugar-free syrup,  
SkinnyFood Company  
Salted Caramel  
6 g eggs, mixed well  
20 g water

## ICING

25 g cream cheese,  
softened, Philadelphia  
5 g butter, softened  
3 g sugar-free syrup,  
Skinny Food Company  
Salted Caramel

- 1 Preheat oven to 200°C. Spray a small baking dish or ramekin with cooking spray.
- 2 Mix all ingredients until a smooth dough ball forms.
- 3 Place your dough into dish and pat down until flat.
- 4 Bake for 10 minutes or until cooked through, let cool completely.
- 5 Mix all icing ingredients together until smooth and then layer on top of the cake.

## CAKE

### NUTRITIONAL INFORMATION PER SERVING

1	4.2:1	173	17.4	9.5	1.8
servings	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams

## ICING

### NUTRITIONAL INFORMATION PER SERVING

1	3.9:1	95	9.4	0	1
servings	ketogenic ratio	calories kcal	total fat grams	MCT grams	total carbs grams

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- ✓ White Chocolate



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