

*Epilepsy stole your everyday.  
We are here to help steal it back.*

Request samples with your Healthcare Professional or  
✉ [UKinfo@cambrooke.com](mailto:UKinfo@cambrooke.com)



**Keto Vie**<sup>TM</sup>  
Everyday is Everything

# Chocolate Pralines Recipes



**CAMBROOKE**<sup>TM</sup>

0161 962 7377 / 0795 071 6133  
[ketovie.co.uk](http://ketovie.co.uk) [UKinfo@cambrooke.com](mailto:UKinfo@cambrooke.com)



Eat Well, Live Well.  
**Aj**  
AJINOMOTO

© Ajinomoto Cambrooke, Inc. All Rights Reserved. R111121

**CAMBROOKE**<sup>TM</sup>

Eat Well, Live Well.  
**Aj**  
AJINOMOTO

Always consult a specialist dietitian before commencing a ketogenic diet.

KetoVie is a Food For Special Medical Purposes for use under medical supervision.

## Chocolate Mousse Pralines

### Ingredients (15 chocolates)

- 50g KetoVie 4:1 Chocolate
- 50g dark chocolate (85%)
- 21g coconut oil
- 5g erythritol

### Method

Gently heat the chocolate, coconut oil and erythritol together.

Gradually add the **KetoVie 4:1 Chocolate**. Stir until combined. Pour mixture into silicone mould and leave to set in the freezer for at least 2-4 hours.

### Nutritional values (for 15 chocolates)

Calories, kcal: 540  
 Fat, g: 52.2  
 Net Carbs, g: 10.7  
 Protein, g: 6.7

3:1  
Ketogenic  
Ratio



## Raspberry Dream Pralines

### Ingredients (15 chocolates)

- 50g KetoVie 4:1 Chocolate
- 50g dark chocolate (85%)
- 23g coconut oil
- 5g erythritol
- 10g raspberries

### Method

Gently heat the chocolate, coconut oil and erythritol together.

Mash raspberries into a puree and add to the melted chocolate.

Gradually add the **KetoVie 4:1 Chocolate**, until well combined.

Pour mixture into silicone mould and leave to set in the freezer for at least 2-4 hours.

### Nutritional values (for 15 chocolates)

Calories, kcal: 559  
 Fat, g: 54.1  
 Net Carbs, g: 11.2  
 Protein, g: 6.8

3:1  
Ketogenic  
Ratio



## Almond Nougat Pralines

### Ingredients (15 chocolates)

- 50g KetoVie 4:1 Vanilla
- 50g cocoa butter
- 16g erythritol
- 15g almond butter, white
- 8-10 drops marzipan flavour (or other flavour of your choice)

### Method

Add the **KetoVie 4:1 Vanilla**, cocoa butter, almond butter and erythritol together in a glass bowl.

Heat a pan of boiling water and place the glass bowl on top. Stir until all ingredients are mixed well together.

Add marzipan flavour and stir.

Cool for 5-10 minutes. Pour mixture into silicone mould and leave to set in the freezer for at least 2-4 hours.

### Nutritional values (for 15 chocolates)

Calories, kcal: 614  
 Fat, g: 64.7  
 Net Carbs, g: 3.1  
 Protein, g: 5

8:1  
Ketogenic  
Ratio



## Mango Vanilla Pralines

### Ingredients (15 chocolates)

- 50g KetoVie 4:1 Vanilla
- 50g coconut cream
- 20g coconut oil (Solid cream at top of can. Discard liquid.)
- 2g xanthan gum
- 10 drops of mango flavour (or other flavour of choice)
- 9g erythritol

### Method

Gently heat the **KetoVie 4:1 Vanilla**, coconut oil, erythritol and coconut cream. Stir constantly until combined.

Stir in xanthan gum.

Add mango flavour and stir.

Pour mixture into silicone mould and leave to set in the freezer for at least 2-4 hours.

### Nutritional values (for 15 chocolates)

Calories, kcal: 350  
 Fat, g: 36.5  
 Net Carbs, g: 2.7  
 Protein, g: 2.5

7:1  
Ketogenic  
Ratio

