

Kwik-Mix Recipe Book



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Hello Keto Friends

Welcome to our cookbook, developed specifically for use with KetoVie Café Kwik Mix. This book is designed to help you incorporate delicious and healthy keto-friendly recipes into your everyday life - from savoury dishes to sweet treats that are easy to prepare.

A special thanks to Dietitians, Simone Nöbel and Victoria Whiteley, whose valuable support and expertise made this book possible.

We hope you enjoy cooking and eating!





Table of contents

Almond Cookies	6
Brownies	7
Colourful Kwik Mix Bread	8
Stuffed Pancakes	9
Strawberry Shortcake	10
Austrian Pancakes with Blueberries	11
Crackers.....	12
Pizza	13
Courgette Fritters	14



Request your KetoVie Café
Kwik Mix Starter Kit!



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
- ✓ 1.4 g protein 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.

Your Dietitian can write to your GP to request a prescription. For any other queries, contact us at UKinfo@cambrooke.com



For a full list of ingredients,
click [here](#):





Almond Cookies

YOU
WILL
NEED

28 g KetoVie Café Kwik Mix
8 g Truvia for baking icing
13 g Egg (beaten)
2 g Almonds (roughly 2 almonds)

- 1 Preheat oven to 180°C. Line a baking sheet with greaseproof paper.
- 2 Place Kwik Mix into a bowl and sieve in the Truvia Icing. Stir gently with a fork.
- 3 Add the beaten egg and stir with the fork until it comes together to form a slightly sticky dough. It will look dry at first but keep stirring.
- 4 Separate into 2 equal amounts and roll into 2 balls.
- 5 Place the balls onto the lined baking sheet and gently press into a disc.
- 6 Top with an almond on each cookie.
- 7 Bake for 10 minutes or until slightly browned.

Per Cookie
Recipe makes 2 cookies

Protein g	Fat g	Carbohydrates g	Calories kcal
1.85	7.4	4.95	104

Ratio: 2.5:1

Brownies

YOU
WILL
NEED

50 g	Lindt Excellence mild 85%	50 g	Erythritol
150 g	KetoVie Café Kwik Mix	100 g	Coconut oil
30 g	Almond flour	110 g	Egg (beaten)
30 g	Cocoa powder	100 g	Coconut milk
5 g	Baking powder		
150 g	Philadelphia plant based soft cream cheese alternative		

- 1 Preheat oven to 170 °C.
- 2 Grease a square baking pan or line it with parchment paper.
- 3 Roughly chop the chocolate and place in a bowl with the dry ingredients.
- 4 Mix the coconut oil, eggs, and vegan cream cheese.
- 5 Gradually add the dry ingredients, alternating with the coconut milk and stir well.
- 6 Pour the batter into the prepared pan and bake in the oven on the middle rack for 40 minutes.

Per Brownie
Recipe makes 8 brownies

Protein g	Fat g	Carbohydrates g	Calories kcal
5.82	30.9	10.63	361

Ratio: 2.7:1





Colourful Kwik Mix Bread

YOU
WILL
NEED

100 g Courgette
50 g Carrots
100 g Yogurt, 10% fat
110 g Egg (beaten)
200 g Water
80 g Flaxseed, mixed
80 g KetoVie Café Kwik Mix
40 g Golden flaxseed flour

15 g Psyllium husk
15 g Baking powder
5 g Citrus fibre
5 g Salt
For topping:
10 g Flaxseed

- 1 Preheat oven to 200°C (top/bottom heat). Line a loaf tin with parchment paper.
- 2 Grate the courgette and carrots. Lightly salt the courgette, let it stand for a few minutes, and then thoroughly squeeze out the water.
- 3 Put the yogurt, eggs, and water in a bowl and mix vigorously.
- 4 Put all the dry ingredients in a bowl with the vegetables and mix well.
- 5 Add the dry mixture to the yogurt and egg mixture and knead into a smooth dough.
- 6 Place the dough in the prepared loaf tin and let it rise for 5-10 minutes. Score lengthwise and sprinkle with the 10 g of flaxseed.
- 7 Bake on the middle rack for 80 minutes.

Per slice
Recipe makes 4 slices

Protein g	Fat g	Carbohydrates g	Calories kcal
14.88	23.52	6.2	333

Ratio: 1.2:1

Stuffed Pancakes

YOU
WILL
NEED

Pancakes:

40 g KetoVie Café Kwik Mix
55 g Egg (beaten)
50 g Whipping cream, 30% fat
20 g Water
10 g Rapeseed oil
20 g Rapeseed oil for frying

Filling:

100 g Carrots
10 g Shallots
150 g Frozen spinach
100 g Oatly crème fraîche
20 g Rapeseed oil
5 g Mixed herbs

- 1 For the pancakes, mix all ingredients well. Heat rapeseed oil in a pan and fry the pancakes over medium heat. The batter makes 2 pancakes.
- 2 For the filling, heat the rapeseed oil in a non-stick pan, peel the carrots, cut them into small cubes, and sauté with the finely chopped shallots until soft. Add the mixed herbs and stir.
- 3 Add the thawed spinach and season to taste. Lastly, add the Oatly crème fraîche.
- 4 Place the pancakes on two plates and spread the filling on top.
- 5 Roll the pancakes to encase the filling before serving.

Per Pancake
Recipe makes 2 pancakes

Filling				Pancake			
Protein g	Fat g	Carbohydrates g	Calories kcal	Protein g	Fat g	Carbohydrates g	Calories kcal
3.46	18.52	9.75	226	5.1	35.45	2.24	363

Ratio: 2.8:1

Ratio: 4.7:1





Strawberry Shortcake

YOU
WILL
NEED

5 g Egg (beaten)
2 g Vanilla extract
28 g KetoVie Café Kwik Mix
27 ml Double cream
20 ml KetoVie 4:1 Vanilla
30 g Strawberries

- 1 Preheat oven to 180°C.
- 2 Line a small muffin tin with a muffin liner (you will only be using one muffin cup). Add egg and vanilla extract to Kwik Mix and stir to combine.
- 3 Drop mixture into one muffin cup and spread evenly. Place water in the remaining cups.
- 4 Bake for 15-17 minutes; or until edges are golden brown and centre is cooked.
- 5 Using a mixer, whip KetoVie and cream until medium to stiff peaks form, about 2-3 minutes.

Cut the muffin in half horizontally, or break up into smaller pieces. In a serving cup, spoon in half of the KetoVie/Cream mixture, and top with half of the muffin. Repeat to create two layers of each. Slice the strawberries and add them on top.

Per Shortcake
Recipe makes 1 shortcake

Protein g	Fat g	Carbohydrates g	Calories kcal
3.37	29.60	4.04	317

Ratio: 2.5:1

Austrian Pancakes with Blueberries

YOU
WILL
NEED

110 g Egg (beaten) 20 g Coconut oil
20 g Erythritol + stevia 50 g Blueberries
70 g KetoVie Café Kwik Mix
5 g Psyllium husk
5 g Baking powder
100 ml KetoVie 4:1 Vanilla

- 1 Beat the eggs in a bowl until slightly frothy, add erythritol + stevia.
- 2 Mix Kwik Mix, psyllium husks, and baking powder in a separate bowl and gradually add to the eggs, alternating with the KetoVie 4:1 Vanilla. Let the batter rest for a few minutes.
- 3 Melt the coconut oil in a pan, add the batter and fry over medium heat.
- 4 Divide the batter into quarters and carefully flip them over. Finally, use two forks to pull the pancake apart.
- 5 Divide between two plates, sprinkle with erythritol powdered sugar, serve with the blueberries and enjoy.

Per Pancake
Recipe makes 2 pancakes

Protein g	Fat g	Carbohydrates g	Calories kcal
10.83	37.4	15.45	473.5

Ratio: 1.4:1





Crackers

YOU
WILL
NEED

Crackers:

80 g KetoVie Café Kwik Mix
40 g Macadamia nuts
30 g Golden flax seeds
20 g Citrus fibre
5 g Sea salt
3 g Italian herbs
130 g Egg (beaten)
50 g Olive oil
15 g Olive oil for brushing

Dip with fresh herbs:

50 g Philadelphia Original soft cream cheese
50 g Philadelphia plant based soft cream cheese alternative
10 g Olive oil
10 g Fresh mixed herbs

- 1 Preheat oven to 180 °C (top/bottom heat). Line a baking sheet with parchment paper.
- 2 Roughly chop the macadamia nuts and mix with the remaining dry ingredients. Mix the eggs with the olive oil and add to the dry ingredients.
- 3 Knead everything together well until you can form a ball. Continue to work the ball with slightly damp hands, as the dough is a little sticky.
- 4 Roll out the dough thinly between two sheets of baking paper and cut into triangles of any shape.
- 5 Spread out on a baking sheet, brush with olive oil, and sprinkle with Italian herbs and coarse salt. Bake in the oven for 15-20 minutes.
- 6 For the dip, mix all the ingredients together and season to taste.

Per Portion Recipe makes 4 portions							
Crackers				Dip			
Protein g	Fat g	Carbohydrates g	Calories kcal	Protein g	Fat g	Carbohydrates g	Calories kcal
7.86	32.31	3.03	362.25	1.38	7.74	1.76	82.25

Ratio: 4.2:1

Ratio: 3.2:1

Check with your healthcare professional before trying this recipe as it may need to be adjusted for your individual requirements.

Pizza

YOU
WILL
NEED

For dough:

30 g KetoVie Café Kwik Mix
10 g Golden flaxseed flour
5 g Psyllium husk
5 g Citrus fibre
5 g Salt
20 g Olive oil
50 ml Water

For rolling out:

Bamboo fibre

For topping:

50 g Tomatoes, puréed
10 g Olive oil
3 g Garlic, crushed
60 g Mushrooms
20 g Emmental cheese, 50% fat
20 g Olives
Pinch of Italian herbs

- 1 Preheat oven to 200 °C. Line a baking sheet with parchment paper.
- 2 Mix Kwik Mix, flaxseed flour, psyllium husk, citrus fibre and salt in a bowl. Add the olive oil and water and mix together. A small spatula works well for this. Leave to soak for 5 minutes. Add more water as necessary.
- 3 Sprinkle Bamboo fibre over the dough, place on the baking tray and press into a round shape with your hands. Pre-bake in the oven for 10 minutes.
- 4 Mix the tomatoes with the olive oil and garlic. Thinly slice the mushrooms and fry for a few minutes until the water has evaporated.
- 5 Coarsely grate the cheese. Remove the pizza base from the oven and leave to cool for a few minutes.
- 6 Spread the tomato sauce, mushrooms, olives, and cheese on top and sprinkle with a few dried Italian herbs. Bake in the oven for another 15 minutes.

Per Pizza
Recipe makes 1 pizza

Protein g	Fat g	Carbohydrates g	Calories kcal
12.92	56.02	9.23	651

Ratio: 2.6:1





Courgette Fritters

YOU
WILL
NEED

200 g Courgette
10 g Onions
55 g Egg (beaten)
20 g KetoVie Café Kwik Mix
5 g Psyllium husk
20 g Oatly crème fraîche

20 g Rapeseed oil
Salt, pepper

- 1 Roughly grate the courgette, finely chop the onion, and mix well with the eggs, Kwik Mix, psyllium husk, Oatly crème fraîche, salt and pepper.
- 2 Allow to soak for a few minutes and form patties of any size.
- 3 Heat a pan over medium heat, add rapeseed oil, and fry the patties until golden brown.
- 4 Keep warm in a preheated oven at 80 °C until all are cooked.

Per Portion
Recipe makes 1 portion

Protein g	Fat g	Carbohydrates g	Calories kcal
12.20	37.06	8.15	442

Ratio: 2:1

Keto Cooking Essentials

Here are some handy tools to ensure you achieve your desired ketogenic ratio at home:

Spatula



When following a ketogenic diet, every gram counts! Spatulas ensure you scoop all of the ingredients from a bowl or pan before serving.

Kitchen Scale



Each tool will help you achieve your desired ketogenic ratio!

All ketogenic diet recipes will measure ingredients in grams (g). Use a digital kitchen scale to precisely measure out each ingredient.

Store Cupboard Ingredients

SUPERMARKETS

Tesco

- ✓ Flaxseed Mix
- ✓ Philadelphia Plant Based Soft Cream Cheese Alternative
- ✓ Lindt Excellence 85% Cocoa Dark Chocolate 100g

Sainsbury's

- ✓ Oatly Crème Fraîche



Philadelphia Plant Based
Soft Cream Cheese Alternative



Flaxseed Mix



Oatly Crème Fraîche



Lindt Excellence 85% Cocoa
Dark Chocolate 100g

ONLINE STORES

NKD living

nkdliving.com

- ✓ Psyllium Husk
- ✓ Erythritol
- ✓ Almond Flour
- ✓ Stevia & Erythritol (1:1)



Psyllium Husk



Almond Flour



Stevia & Erythritol (1:1)

Lehmann Ingredients

lehmanningredients.co.uk

- ✓ Citrus Fibre
- ✓ Bamboo Fibre



Golden Flaxseed Flour



Erythritol



Citrus Fibre
Bamboo Fibre

Amazon

amazon.co.uk

- ✓ Golden Flaxseed Flour

Truvia

truvia.co.uk

- ✓ Truvia For Baking: Caster

Truvia For Baking: Caster



Why KetoVie?

We simplify your everyday life with our ready to drink, nutritionally complete KetoVie 4:1.

KetoVie 4:1 can help children and adults on a ketogenic diet enjoy the foods they like and stay connected with their loved ones.

Join our mission and reclaim your everyday life.



Notes

Eat Well, Live Well,



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