

Kwik-Mix Recipe Book



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Eat Well. Live Well.
Aj
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 **cambrooke**

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!





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Request your Keto Vie 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	15 g	Psyllium husk
50 g	Carrots	15 g	Baking powder
100 g	Yogurt, 10% fat	5 g	Citrus fibre
110 g	Egg (beaten)	5 g	Salt
200 g	Water	For topping:	
80 g	Flaxseed, mixed	10 g	Flaxseed
80 g	KetoVie Café Kwik Mix		
40 g	Golden flaxseed flour		

- 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

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.
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.
- 2 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.
- 3 Mix the tomatoes with the olive oil and garlic. Thinly slice the mushrooms and fry for a few minutes until the water has evaporated.
- 4 Coarsely grate the cheese. Remove the pizza base from the oven and leave to cool for a few minutes.
- 5 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	20 g	Rapeseed oil
10 g	Onions		Salt, pepper
55 g	Egg (beaten)		
20 g	KetoVie Café Kwik Mix		
5 g	Psyllium husk		
20 g	Oatly crème fraîche		

- 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

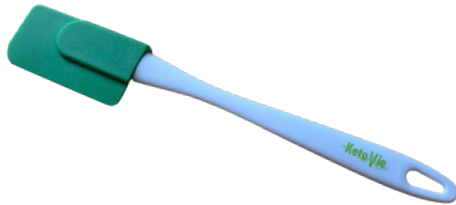
Protein g	Fat g	Carbohydrates g	Calories kcal
12.20	37.06	8.15	442

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



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

Each tool will help you achieve your desired ketogenic ratio!

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 Fraiche



Philadelphia Plant Based
Soft Cream Cheese Alternative



Flaxseed Mix



Oatly Crème Fraiche



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



Erythritol



Golden Flaxseed Flour

Amazon

amazon.co.uk

- ✓ Golden Flaxseed Flour

Truvia

truvia.co.uk

- ✓ Truvia For Baking: Caster



Truvia For Baking: Caster

Citrus Fibre
Bamboo Fibre



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.



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