

# SPOONABLE YOGURT STYLE RECIPES!

Recipes that can be adapted for individual taste preferences

*Vanilla rice pudding*



*Lemon posset pudding*



Serving suggestion

*Chocolate pudding*



This information is intended for parents or carers of children who have been prescribed KetoCal by a Healthcare Professional.

All products shown are Foods for Special Medical Purposes for the dietary management of drug resistant epilepsy, or other conditions where the use of the ketogenic diet is indicated, and must be used under medical supervision.



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All recipes have been designed by our specialist Chef using [myketoplanner.co.uk](http://myketoplanner.co.uk)

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## Chocolate pudding

Serving suggestion

### Ingredients

	4:1	3:1	2:1
Ketocal 4:1 LQ vanilla (ml)	65	56	49
Cocoa powder (g)	2	2	3
Xanthan gum (g)	2	3	2
Fresh double cream (g)	13	18	-
Olive oil (g)	4	-	-

### Preparation

1. Over a low-medium heat, heat the Ketocal 4.1 LQ, cocoa powder, double cream and oil (for 4.1 ratio only) until warm.
2. Remove from the heat and whisk the xanthan gum until the mixture thickens.
3. Chill until needed.

### Nutritional Information

(Selected nutrients only)	4:1	3:1	2:1
Calories (kcal)	217	196	89
Carbohydrates (g)	2.44	3.2	1.49
Fat (g)	21.02	18.38	7.85
Protein (g)	2.81	2.68	2.27

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

### Ingredients

	4:1	3:1	2:1
Slim sticky rice (g)	14	19	25
Ketocal 4:1 LQ vanilla (ml)	50	53	42
Ketocal 4:1 Powder vanilla (g)	24	10	-
Vanilla extract (ml)	3	3	4
Olive oil (g)	4	-	-
Water (g)	-	-	20

### Preparation

1. Over a low-medium heat, heat the Ketocal 4:1 LQ, vanilla extract and water or oil (for appropriate ratio) in a pan until warm.
2. Remove from the heat and stir in the rice and Ketocal powder (for appropriate ratio).
3. Chill until needed.

### Nutritional Information

(Selected nutrients only)	4:1	3:1	2:1
Calories (kcal)	284	155	70
Carbohydrates (g)	1.79	1.64	1.62
Fat (g)	28.02	14.77	6.24
Protein (g)	5.04	3.12	1.35

## Vanilla rice pudding



Serving suggestion



# Lemon posset pudding

Serving suggestion

## Ingredients

	4:1	3:1	2:1
Ketocal 4:1 LQ vanilla (ml)	9	26	15
Fresh double cream (g)	40	37.5	27
Fresh lemon juice (g)	8	10	10
Lemon peel (g)	3	4	5
Xanthan gum	-	2	2
Raspberries (g)	-	13	15
Freeze dried raspberry pieces (g)	4	3.5	6

## Preparation

1. Over a low-medium heat, heat the Ketocal 4:1 LQ, double cream, lemon peel and raspberry pieces in a pan until warm.
2. Remove from the heat and stir in the lemon juice and xanthan gum (for appropriate ratio).
3. Chill in the fridge until set.

## Nutritional Information

(Selected nutrients only)

	4:1	3:1	2:1
Calories (kcal)	278	257	187
Carbohydrates (g)	4.32	5.97	6.02
Fat (g)	27.77	24.42	16.94
Protein (g)	2.46	2.17	2.04

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