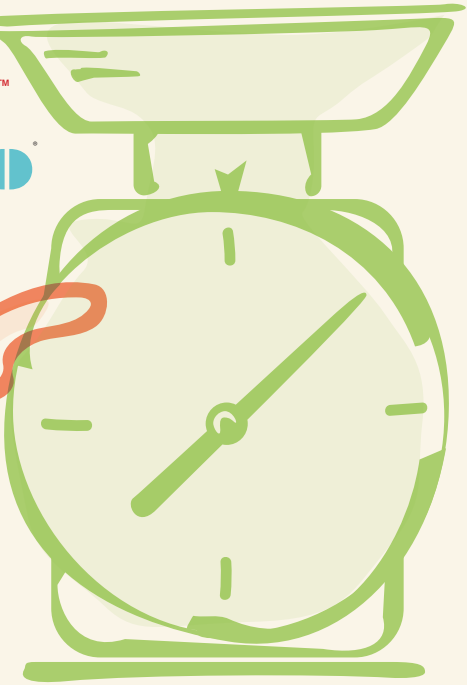
Vitaflo®

Innovation in Nutrition

the handy little Classical cookbook

Recipe ideas for the Ketogenic Diet

with carbzero™ by keyo



Introduction

Introduction

Welcome to the Vitaflo® Classical ketogenic diet recipe book where you will find recipe ideas for breakfast, lunch, dinner, snacks and drinks. You should only use these recipes if you or the person you are preparing them for is under the care of a dietitian.

keyo is a nutritionally complete, very high fat, low carbohydrate, ready to eat, chocolate flavoured semi solid food. Each 100g pot contains 30g of fat, 8g of protein and 2g of carbohydrate, 3:1 ratio.

carbzero™ is a palatable fat emulsion, each 250ml carton contains 50g of fat.

Calculating your recipes

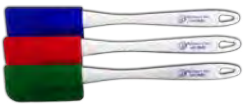
Recipes provide a 4:1, 3:1 or 2:1 ratio of fat to protein and carbohydrate combined. However, recipes may need to be modified to your own, unique ketogenic diet prescription. There is space on each card for you and your dietitian to do this.

Nutritional information provided for each portion has been calculated using Electronic Ketogenic Manager (EKM)* using ONLY the specific ingredients and quantities stated in the recipe. EKM uses United Kingdom nutritional values for foods.[1]

If using different foods or brands of foods in any of the original recipes the nutritional values must be recalculated. Manufacturers can change nutritional declarations on labels, so it is important to regularly check you are using the correct values.

Top Tips *for successful recipes*

- Electronic scales are essential. Ensure these can weigh quantities to 1 gram.
- Soft silicone spatulas are ideal for scraping out mixtures from bowls etc.
- Measuring spoons are useful for ¼ and ½ teaspoon measurements.



provide alternative recipe options. You will need to re-calculate nutritional values if you use them.

These recipes have been devised by either:

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Maureen Benn
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Matthew's Friends

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Vitaflo International Ltd.

Each individual recipe card will indicate recipe origin

This logo indicates that the recipe has been tried and tested by Matthew's Friends Keto Kitchen.

PLEASE NOTE:

carbzero™ contains soya (soya lecithin).

kaya* contains milk (milk protein) and fish (tuna oil).

* www.matthewsfriends.org for details on the EKM

[1] Food Standard Agency, Institute of Food Research, Public Health England. McCance and Widdowson's the composition of foods. Seventh Summary Edition. 7th summary edition ed: Royal Society of Chemistry; 2014.

Chocolate and Vanilla Milkshake

3:1 recipe

TRIED & TESTED

- **Preparation time:** 5 minutes
- **No cooking required**
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	31g	
Protein	5.7g	
Carbohydrate	4.6g	
Energy (calories)	320kcal	

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Chocolate and Vanilla Milkshake

Ingredients	Quantity	Your recipe
keyo®	50g	
carbzero™	75g	
Vanilla soya milk e.g. Alpro	55g	

Method

1. Add all ingredients to a blender and blend for one minute until a smooth, thin consistency has been achieved.

Keyo and carbzero are foods for special medical purposes and must be used under medical supervision

CL2-CVM-0816-V1
August 16

Yogurt Smoothie

4:1 recipe

TRIED & TESTED

- **Preparation time:** 5 minutes
- **No cooking required**
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	21.8g	
Protein	3.2g	
Carbohydrate	2.3g	
Energy (calories)	218kcal	

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Yogurt Smoothie

Ingredients	Quantity	Your recipe
carbzero™	100g	
Natural soya yogurt e.g. Alpro	75g	
Raspberries	16g	
Sweetener e.g. Hermesetas Liquid, or Truvia	A few drops or ¼ - ½ teaspoon	

Method 1

1. Place **carbzero**, yogurt, raspberries and sweetener into a liquidiser/blender and blend for 1 minute or until smooth.
2. Pour into glass/beaker and serve.

Method 2

1. Mash raspberries with a fork until smooth.
2. Mix in **carbzero**, yogurt and sweetener.
3. Pour into glass/beaker and serve.

Top Tip

- If storing in the fridge stir before drinking

Serving Suggestions

Always check with your dietitian what is suitable for you

- Use alternative permitted fruit(s) for different flavours
- Use sugar free Da Vinci syrup to intensify or vary the flavour
- Blend with ice for a frozen 'slush'

Carbzero is a food for special medical purposes and must be used under medical supervision

CL2-YS-0814-V3
August 16

Hot Chocolate

4:1 recipe

TRIED & TESTED

- **Preparation time:** 5 minutes
- **Cooking time:** 5 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	40g	
Protein	8g	
Carbohydrate	2g	
Energy (calories)	400kcal	

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Hot Chocolate

Ingredients	Quantity	Your recipe
keyo	100g	
carbzero™	50g	

Method

1. Add keyo to a small saucepan and stir over a low heat for 2-3 minutes until a thin consistency is achieved.
2. Add carbzero and continue to stir for 1-2 minutes until evenly mixed and warmed through.

Serving Suggestions

Always check with your dietitian what is suitable for you

- Serve with squirty cream
- Add sugar free Da Vinci Syrup for alternative flavours

Keyo and carbzero are foods for special medical purposes and must be used under medical supervision

Porridge

4:1 recipe

TRIED & TESTED

- **Preparation time:** 5-10 minutes
- **Cooking time:** less than 5 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	46g	
Protein	2g	
Carbohydrate	9.7g	
Energy (calories)	461kcal	

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Porridge

Ingredients	Quantity	Your recipe
carbzero™	100g	
Butter	10g	
Double cream	20g	
Olive oil	7g	
Water	30ml	
Plain porridge oats e.g Scott's Porridge Oats	15g	
Sweetener e.g. Truvia	To taste	

Method

1. Place **carbzero**, butter, double cream, olive oil and water in a microwave safe container and heat on high power for 1 minute (850w microwave).
2. Mix in porridge oats.
3. Heat on high power for 1 minute and stir.
4. Repeat twice.
5. Heat for a further 30 seconds and stir. Leave to stand until desired consistency is achieved.
6. Add sweetener to taste and serve.

Top Tips

- Soak oats in water for 30 minutes before cooking for softer porridge
- Use less water for firmer porridge or add more for a thinner consistency
- If using a lower wattage microwave, you may need to cook porridge for longer

Serving Suggestion

Always check with your dietitian what is suitable for you.

- For flavoured porridge, sprinkle with cinnamon or stir in a few drops of any flavour sugar free Da Vinci syrup

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CL2-POR-0814-V3
August 16

Scrambled Eggs with Strawberry Shake

4:1 recipe

TRIED & TESTED

- **Preparation time:** 10 minutes
- **Cooking time:** less than 5 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	55.3g	
Protein	12.7g	
Carbohydrate	1.2g	
Energy (calories)	553kcal	

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Scrambled Eggs and Strawberry Shake

Ingredients	Quantity	Your recipe
Scrambled Eggs		
carbzero™	50g	
Egg, beaten	100g	
Butter	8g	
Olive oil	10g	
Seasoning	To taste	
Strawberry Shake		
carbzero™	100g	
Strawberries	20g	
Sweetener e.g. Truvia	To taste	

Scrambled Eggs

Method 1

1. Mix eggs, butter, olive oil and 50g **carbzero** and season.
2. Pour into a non-stick pan over a medium heat, stirring continuously until cooked.

Method 2

1. Mix eggs, butter, olive oil and 50g **carbzero** and season.
2. Cook in a microwave safe container for 1 minute on full power, stir and return for 30-60 seconds until cooked.

Strawberry Shake

Method 1

1. Add **carbzero**, strawberries and sweetener into liquidiser/blender and blend for 1 minute.
2. Stir and pour into a glass/cup and serve.

Method 2

1. Mash strawberries with a fork until smooth.
2. Mix in **carbzero** and sweetener.
3. Pour into glass/cup and serve.

Carbzero is a food for special medical purposes and must be used under medical supervision

French Toast served with Carbzero Drink

4:1 recipe

TRIED & TESTED

- **Preparation time:** 10 minutes
- **Cooking time:** 5 minutes
- **Recipe makes** 1 portion and carbzero drink

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	49g	
Protein	6.3g	
Carbohydrate	5.9g	
Energy (calories)	490kcal	

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French Toast served with Carbzero Drink

Ingredients	Quantity	Your recipe
French Toast		
Egg, beaten	40g	
Olive oil	15g	
carbzero™	75g	
Wholemeal bread, sliced, crusts removed	14g	
Seasoning	To taste	
Carbzero Drink		
carbzero™	75g	

Method

1. Mix egg, 75g **carbzero** and olive oil together and season.
2. Dip bread into mixture, covering both sides.
3. Pour mixture and bread into a non-stick frying pan.
4. Cook over a medium heat until each side is golden brown.
5. Serve with 75g **carbzero** in a beaker/glass.

Top Tip

- Add permitted sweetener or sugar free flavoured syrup (e.g. Da Vinci syrup) to **carbzero** drink

Serving Suggestions

Always check with your dietitian what is suitable for you

- French toast can be sprinkled with Truvia sweetener and/or cinnamon for a sweet flavour
- Add chopped ham or cooked bacon for a savoury breakfast with extra protein

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CL2-FT-0814-V3
August 16

Cheese and Vegetable Omelette

2:1 recipe

TRIED & TESTED

- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	43g	
Protein	20g	
Carbohydrate	1.7g	
Energy (calories)	474kcal	

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Cheese and Vegetable Omelette

Ingredients	Quantity	Your recipe
Eggs	100g	
carbzero™	100g	
Olive oil	5g	
Red pepper, chopped	15g	
Courgette, chopped	55g	
Cheddar cheese, grated	25g	
Seasoning	As desired	

Method

1. Whisk eggs lightly and add the **carbzero** until mixed well, season as desired.
2. Heat the olive oil in a small frying pan over a medium heat, add the red pepper and courgette and fry for 3-4 minutes until softened.
3. Pour in the **carbzero** and egg mixture and cook for a further 3-4 minutes until starting to set and the underside has turned golden brown.
4. Flip the omelette over and sprinkle the cheese over the top. Cook for 2-3 minutes until the underside is golden and the cheese has melted.

Top Tip

- Place under the grill to brown the cheese if desired

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CL2-CVO-0816-V1
August 16

White Sauce

4:1 recipe

TRIED & TESTED

- **Preparation time:** 5 minutes
- **Cooking time:** 5 minutes
- **Recipe makes** 2 portions#

*Each portion provides **approximately:***

Nutritional content	Quantity	Your recipe
Fat	20g	
Protein	2.5g	
Carbohydrate	2.5g	
Energy (calories)	200kcal	

image represents 1 portion

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White Sauce

Ingredients	Quantity	Your recipe
carbzero™	100g	
Cream cheese, full fat e.g. Philadelphia	85g	
Butter	2g	
Plain flour	2g	
Seasoning	To taste	

Method

1. Blend **carbzero** and cream cheese together with a spoon until smooth and set aside.
2. Melt butter in a saucepan.
3. Gradually add flour to melted butter, cook for 1-2 minutes on a low heat stirring continuously.
4. Gradually stir in **carbzero** and cream cheese mixture until a smooth sauce forms.
5. Simmer for 1-2 minutes until thickened and season.
6. Divide sauce into 2 equal portions.

Top Tips

- If the sauce goes lumpy, heat in the microwave for 30 seconds and stir until smooth
- Add more water for a thinner sauce if desired
- Adding mustard powder, tabasco sauce, or garlic can give the sauce a kick!

Serving Suggestions

Always check with your dietitian what is suitable for you

- Add dried herbs for different flavours e.g. parsley, dill, coriander
- Serve with low carbohydrate pasta and/or permitted vegetables, chopped ham, hard-boiled egg or cooked bacon

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CL2-WS-0814-V3
August 16

Cheddar Cheese Sauce

4:1 recipe

TRIED & TESTED

- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 2 portions#

*Each portion provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	17g	
Protein	3.2g	
Carbohydrate	1.1g	
Energy (calories)	170kcal	

image represents 1 portion

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Cheddar Cheese Sauce

Ingredients	Quantity	Your recipe
carbzero™	100g	
Cream cheese, full fat e.g. Philadelphia	20g	
Butter	3g	
Plain flour	2g	
Cheddar cheese, grated	20g	
Seasoning	To taste	

Method

1. Blend **carbzero** and cream cheese together with a spoon until smooth.
2. Melt butter in a saucepan.
3. Mix flour into a paste with a little water and add to butter, stirring well. Cook gently for 1-2 minutes on a low heat, stirring continuously.
4. Gradually stir in **carbzero** and cream cheese mixture until a smooth sauce forms.
5. Add cheddar cheese while stirring and simmer for 1-2 minutes until thickened and season.
6. Divide into 2 equal portions.
7. Use immediately or allow to cool.

Top Tips

- If the sauce goes lumpy, heat in the microwave for 30 seconds and stir until smooth
- Add more water for a thinner sauce if desired
- Use mature cheddar cheese for a stronger flavour
- Mustard powder, tabasco sauce, or garlic can give the sauce a kick!

Serving Suggestions

Always check with your dietitian what is suitable for you

- Use with savoury dishes e.g. cauliflower cheese (see recipe card)
- Serve with low carbohydrate pasta and/or permitted vegetables, chopped ham, hard-boiled egg or cooked bacon

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CL2-CCS-0814-V3
August 16

Yorkshire Pudding

4:1 recipe

TRIED & TESTED

- **Preparation time:** 10 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 4 portions

*Each portion provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	8.2g	
Protein	1g	
Carbohydrate	1g	
Energy (calories)	82kcal	

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MATTHEW'S FRIENDS Ketogenic Dietary Therapies

Yorkshire Pudding

Ingredients	Quantity	Your recipe
Olive oil	18g	
Egg yolk	15g	
carbzero™	50g	
Plain flour	5g	
Egg white, whisked	14g	
Pinch of salt	To taste	

Method

1. Preheat oven to 190˚C/fan 170˚C/gas mark 5.
2. Divide oil equally between 4 muffin tins or silicone moulds and heat oil for a few minutes in the oven.
3. Beat egg yolk, **carbzero** and flour until well mixed.
4. Fold in whisked egg white with a pinch of salt.
5. Divide mixture equally between 4 moulds (approximately 25g each).
6. Cook in oven for 20 minutes until Yorkshire puddings are risen and golden.

Serving Suggestions

Always check with your dietitian what is suitable for you

Savoury

- Serve with other permitted foods e.g. roast meat, chicken, vegetables
- Add seasoning e.g. pepper and herbs for extra flavour

Sweet

- Drizzle with sugar free Da Vinci syrup for a sweet dessert or snack
- Serve with whipped double or 'squirty' cream and/or permitted fruit

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CL2-YP-0814-V3
August 16

Cauliflower Topped Cottage Pie

2:1 recipe

TRIED & TESTED

- **Preparation time:** 10-15 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	40g	
Protein	16g	
Carbohydrate	4g	
Energy (calories)	440kcal	

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Cauliflower Topped Cottage Pie

Ingredients	Quantity	Your recipe
Olive oil	6g	
Onions, chopped	6g	
Minced beef	60g	
Tomato purée	5g	
carbzero™	100g	
Cauliflower, florets	60g	
Cheddar cheese, grated	10g	

Method

1. Add oil to a pan over a medium heat, add the onions and cook until soft.
2. Add mince and cook until browned.
3. Add tomato purée and **carbzero** and cook for 5-10 minutes until sauce reduces. Season with salt and pepper.
4. Boil cauliflower for 5 minutes, set aside to cool. Once cooled dice into small pieces.
5. Pour beef mixture into a small dish or ramekin and cover with cauliflower. Sprinkle with grated cheese and grill until melted.

Serving Suggestion

Always check with your dietitian what is suitable for you

- Serve with permitted vegetables or salad

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CL2-CTCP-0816-V1
August 16

Butternut Squash Quiche

4:1 recipe

TRIED & TESTED

- **Preparation time:** 15 minutes
- **Cooking time:** 40-45 minutes
- **Recipe makes** 6 portions

*Each portion provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	35g	
Protein	5g	
Carbohydrate	3g	
Energy (calories)	346kcal	

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Butternut Squash Quiche

Ingredients	Quantity	Your recipe
Butternut squash	175g	
Olive oil	30g	
carbzero™	300g	
Egg, beaten	200g	
Double cream	200g	
Dried herbs/spices of choice	To taste	

Method

1. Preheat oven to 190˚C/fan 170˚C/gas mark 5.
2. Peel and chop butternut squash into small pieces.
3. Toss with 15g of olive oil and bake in oven until soft (approx 20 minutes).
4. Mix olive oil, **carbzero**, egg and cream in a bowl.
5. Add equal amounts of roasted butternut squash to 6 muffin/silicone moulds.
6. Add equal amounts of the liquid mix to each mould (approx. 120ml each) and bake in oven until set (approx. 20-25 minutes).

Top Tips

- Perfect eaten cold for a school lunch, buffet or picnic
- Silicone moulds/trays work best

Serving Suggestion

Always check with your dietitian what is suitable for you

- Serve hot or cold with salad/vegetables

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CL2-BSQ-0814-V3
August 16

Minced Beef and Aubergine Bake

2:1 recipe

TRIED & TESTED

- **Preparation time:** 10 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	42g	
Protein	18g	
Carbohydrate	3g	
Energy (calories)	462kcal	

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Minced Beef and Aubergine Bake

Ingredients	Quantity	Your recipe
Olive oil	5g	
Aubergine, sliced into thin strips	60g	
Minced beef	60g	
Onion, diced	10g	
Garlic, finely chopped	1g	
Tomato pureé	5g	
carbzero™	100g	
Mixed herbs	A pinch	
Cheddar cheese, grated	20g	
Seasoning	As desired	

Method

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Heat olive oil in a frying pan and fry the aubergine for 2-3 minutes over a medium heat and turn over half way through cooking until softened and starting to colour. Remove from the pan and set aside.
3. Using the same frying pan add the minced beef and cook for 3-4 minutes until browned then add the onion and garlic and cook until softened.
4. Add the tomato puree, **carbzero** and mixed herbs. Continue to cook over medium heat until the sauce has started to thicken, adding seasoning as desired.
5. Lay half of the aubergine slices on the bottom of an oven-proof dish and then pour over half the minced beef mixture. Top with half of the grated cheese.
6. Repeat step 5 with remaining aubergine, mince and cheese.
7. Place in the oven for 10 minutes until the cheese has melted.

Serving Suggestion

Always check with your dietitian what is suitable for you

- Serve with vegetables or salad

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CL2-BAB-0816-V1
August 16

Indian Butter Chicken

4:1 recipe

TRIED & TESTED

- **Preparation time:** 10-15 minutes
- **Cooking time:** 15-20 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	59g	
Protein	11g	
Carbohydrate	4g	
Energy (calories)	591kcal	

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The Dietary Garland

Indian Butter Chicken

Ingredients	Quantity	Your recipe
Butter	30g	
Olive oil	13g	
Onions, chopped	10g	
Garlic purée e.g. Gia	1g	
Fresh tomatoes, chopped	70g	
Green pepper, sliced	20g	
Curry powder	1g	
Chilli powder	A pinch	
carbzero™	100g	
Chicken breast, diced	40g	

Method

1. Heat olive oil and butter in a pan over a medium heat.
2. Add onions and garlic and cook for 1 minute until tender.
3. Blitz tomatoes and green pepper in a blender or food processor and add to pan.
4. Add curry powder and chilli powder. Season as desired.
5. Stir in **carbzero** and continue cooking until heated through.
6. Add diced chicken, cover and simmer for 10-15 minutes or until chicken is cooked through and serve.

Serving Suggestions

Always check with your dietitian what is suitable for you

- Can be served with:
  - 'Slim rice'
  - Broccoli or other permitted vegetables
- Use lamb or fish instead of chicken for variety
- Add extra spices to intensify flavour

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CL2-IBC-0814-V3
August 2016

Coconut Cakes

4:1 recipe

TRIED & TESTED

- **Preparation time:** 20 minutes
- **Cooking time:** 25 minutes
- **Recipe makes** 2 cakes

*Each portion (1 cake) provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	27.5g	
Protein	3.5g	
Carbohydrate	3.4g	
Energy (calories)	275kcal	

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Matthew's Friends Ketogenic Dietary Therapies

Coconut Cakes

Ingredients	Quantity	Your recipe
Coconut powder e.g. TRS	44g	
Ground almonds	8g	
Carbohydrate free baking powder e.g. Barkat	¼ teaspoon	
Cornflour	3g	
carbzero™	50g	
Egg, beaten	15g	
Olive oil	8g	
Cream cheese, full fat e.g. Philadelphia	18g	
Liquid sweetener e.g. Hermesetas	¾ teaspoon	

Method

1. Preheat oven to 190°C/fan 180°C/gas mark 5.
2. Mix together coconut powder, ground almonds, baking powder and cornflour and stir until evenly mixed.
3. Add **carbzero**, egg, olive oil, cream cheese and liquid sweetener and beat until well combined.
4. Leave to stand for a few minutes to allow the mixture to thicken.
5. Divide equally between 2 cupcake cases/moulds.
6. Bake for 20-25 minutes until lightly golden and springy to the touch.

Top Tip

- Perfect for packed lunches, birthday parties and picnics!

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CL2-CC-1115-V2
August 16

Chocolate and Raspberry Cakes

4:1 recipe

TRIED & TESTED

- **Preparation time:** 15 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion (2 cakes)

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	26.4g	
Protein	3.9g	
Carbohydrate	2.7g	
Energy (calories)	264kcal	

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Chocolate and Raspberry Cakes

Ingredients	Quantity	Your recipe
Coconut flour e.g. Tiana	7g	
Desiccated coconut e.g. East End	10g	
Carbohydrate free baking powder e.g. Barkat	¼ teaspoon	
Cocoa powder e.g. Bournville	2g	
carbzero™	50g	
Egg, beaten	12g	
Butter, melted	9g	
Liquid sweetener e.g. Hermesetas	½ teaspoon	
Raspberries, chopped	5g	

Method

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Mix flour, desiccated coconut, baking powder and cocoa powder in a bowl.
3. In a separate bowl or jug, combine **carbzero**, egg, melted butter and sweetener. Add to the dry ingredients and mix lightly until all ingredients are well combined.
4. Stir through chopped raspberries.
5. Leave to stand for a few minutes to allow mixture to thicken.
6. Divide equally between 2 cupcake cases/moulds and bake for 20 minutes until springy to the touch.

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CL2-RCC-1115-V2
August 16

Chocolate Panna Cotta

3:1 recipe

TRIED & TESTED

- **Preparation time:** 5-10 minutes
- **Chilling time:** 3 hours
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	20g	
Protein	5g	
Carbohydrate	1.5g	
Energy (calories)	206kcal	

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Chocolate Panna Cotta

Ingredients	Quantity	Your recipe
Gelatine	1g (½ leaf)	
keyo	50g	
carbzero™	25g	
Spray oil	1 spray	
Raspberries	13g	

Method

1. Submerge gelatine in cold water for 3-4 minutes to soften.
2. Meanwhile place keyo in a saucepan over a low heat and warm gently for 2-3 minutes, until the consistency has become much thinner.
3. Add carbzero and stir through until well combined and the mixture is warmed through. Remove the pan from the heat.
4. Squeeze excess moisture from gelatine and stir gelatine into the mixture until fully dissolved. The mixture will thicken slightly.
5. Spray mould with spray oil, pour mixture into mould, cover and place in the fridge to set for 3 hours.
6. Serve with raspberries.

Top Tip

- Make a raspberry coulis/sauce:
  - Heat raspberries in a saucepan over a low heat with 1 tablespoon cold water and a little sweetener until the fruit has softened and a jammy consistency is achieved.

Keyo and carbzero are foods for special medical purposes and must be used under medical supervision

CL2-P-0816-V1
August 16

Fruit Jelly

4:1 recipe

TRIED & TESTED

- **Preparation time:** 10 minutes
- **Chilling time:** overnight
- **Recipe makes** 5 x 120ml portions#

*Each portion provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	10g	
Protein	1.4g	
Carbohydrate	1.1g	
Energy (calories)	100kcal	

image represents 1 portion

Vitaflo® Innovation in Nutrition

Fruit Jelly

Ingredients	Quantity	Your recipe
Just-boiled water	250ml	
Sugar free jelly crystals e.g. Hartley's (any flavour)	11.5g (1 sachet)	
Cold water	100ml	
carbzero™	250ml (1 carton)	
Tinned peaches, in juice, drained, chopped	45g	

Method

1. Measure 250ml of just-boiled water using a measuring jug.
2. Stir in jelly crystals until dissolved.
3. Then stir in cold water and **carbzero**.
4. Place tinned peaches into 5 jelly moulds (9g in each mould) and then pour jelly mixture into each mould (approx. 120ml each).
5. Cover and place in fridge to set.

Serving Suggestions

Always check with your dietitian what is suitable for you

- Try alternative permitted fruits but avoid pineapple and kiwi as these will prevent the jelly from setting!
- Top with whipped or 'squirty' cream

Carbzero is a food for special medical purposes and must be used under medical supervision

CL2-FJ-0814-V3
August 16

Chocolate and Strawberry Chia Dessert

3:1 recipe

TRIED & TESTED

- **Preparation time:** 5-10 minutes
- **Chilling time:** 2 hours
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	21g	
Protein	5g	
Carbohydrate	2g	
Energy (calories)	217kcal	

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Chocolate and Strawberry Chia Dessert

Ingredients	Quantity	Your recipe
carbzero™	25g	
Chia Seeds e.g. The Chia Company	4g	
keyo	50g	
Strawberries, chopped	18g	

Method

1. Add carbzero and chia seeds into a small bowl cover and place in the fridge for at least 1 hour to allow the seeds to soften and swell.
2. After 1 hour, stir in keyo and return to the fridge for a further hour to chill and allow the chia seeds to swell a little more.
3. Serve with chopped strawberries.

Top Tip

- Use alternative fruit

Keyo and carbzero are foods for special medical purposes and must be used under medical supervision

CL2-CSCD-0816-V1
August 16

Chocolate Pud

4:1 recipe

TRIED & TESTED

- **Preparation time:** 5 minutes
- **No cooking required**
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	19.5g	
Protein	2.6g	
Carbohydrate	2.2g	
Energy (calories)	195kcal	

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Chocolate Pud

Ingredients	Quantity	Your recipe
Avocado, chopped	40g	
carbzero™	50g	
Liquid sweetener e.g. Hermesetas	¼ teaspoon	
Vanilla essence	¼ teaspoon	
Cocoa powder e.g. Bournville	8g	
Blueberries (approx. 4)	5g	

Method

1. Place all ingredients (except blueberries) into a blender and blitz for 1 minute until a smooth, thick chocolate brown mixture has formed.
2. Transfer to a serving dish and place blueberries on top.

Top Tip

- Chill in fridge before serving

Carbzero is a food for special medical purposes and must be used under medical supervision

CL2-CP-1115-V2
August 16

Egg Custard

4:1 recipe

TRIED & TESTED

- **Preparation time:** 10 minutes
- **Cooking time:** 30 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	32g	
Protein	4g	
Carbohydrate	4g	
Energy (calories)	320kcal	

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MATTHEW'S FRIENDS Ketogenic Dietary Therapies

Egg Custard

Ingredients	Quantity	Your recipe
Butter	6g	
Jam, reduced sugar	11g	
Egg	29g	
carbzero™	50g	
Double cream	28g	
Vanilla essence	1-2 drops	
Sweetener e.g. Hermesetas Liquid, or Truvia	A few drops or ¼ - ½ teaspoon	

Method

1. Preheat oven to 160˚C/fan 140˚C/gas mark 3.
2. Melt butter in a saucepan and mix in jam. Pour this mixture into a ramekin.
3. Beat together egg, cream and **carbzero** with sweetener and vanilla extract. Pour into same ramekin.
4. Place ramekin into an oven proof dish. Pour hot water into oven proof dish (hot water bath) until ramekin is half covered.
5. Place in oven and cook for approximately 30 minutes until set.

Serving Suggestion

Always check with your dietitian what is suitable for you

- Serve with permitted stewed/fresh fruit and/or whipped or 'squirty' cream

Carbzero is a food for special medical purposes and must be used under medical supervision

CL2-EC-0814-V3
August 16

Chocolate Custard with Summer Fruits

3:1 recipe

TRIED & TESTED

- **Preparation time:** 5 minutes
- **Cooking time:** 5 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	35g	
Protein	8.3g	
Carbohydrate	3.5g	
Energy (calories)	362kcal	

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Chocolate Custard with Summer Fruits

Ingredients	Quantity	Your recipe
keyo	100g	
carbzero™	25g	
Summer fruits frozen mix	25g	

Method

1. Remove summer fruits from freezer and set aside to defrost for 1 hour.
2. Add keyo to a small saucepan and stir over a low heat for 2-3 minutes until a thin consistency is achieved.
3. Add carbzero and continue to stir for 1-2 minutes until evenly mixed and warmed through.
4. Serve with defrosted summer fruits.

Top Tip

- Serve with fresh fruit

Keyo and carbzero are foods for special medical purposes and must be used under medical supervision

Panna Cotta with Fruit

4:1 recipe

TRIED & TESTED

- **Preparation time:** 10 minutes
- **Cooking time:** 5-10 minutes
- **Chilling time:** overnight
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	27g	
Protein	2.8g	
Carbohydrate	3.9g	
Energy (calories)	270kcal	

Vitaflo® Innovation in Nutrition

The Daisy Garland

Panna Cotta with Fruit

Ingredients	Quantity	Your recipe
Gelatine	2g (1 leaf)	
Double cream	35g	
carbzero™	50g	
Vanilla essence	2-3 drops	
Sweetener e.g. Hermesetas Liquid, or Truvia	A few drops or ¼ - ½ teaspoon	
Raspberries	25g	
Strawberries	30g	

Method

1. Soak gelatine leaf in cold water until soft.
2. Meanwhile, gently heat cream and **carbzero** in a saucepan and add vanilla essence and sweetener (do not boil).
3. Squeeze water out of gelatine leaf and place in saucepan with cream and **carbzero**.
4. Take saucepan off heat and stir in gelatine leaf until dissolved.
5. Return saucepan to heat. Simmer gently until mixture starts to thicken.
6. Pour into silicone mould or ramekin. Cover and place in fridge to set.
7. Serve panna cotta with fruit.

Serving Suggestions

Always check with your dietitian what is suitable for you

- Mash fruit with a fork or use a blender to make a fruit purée
- For a flavoured panna cotta, add a few drops of any sugar free Da Vinci syrup
- Serve with alternative permitted fruits

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CL2-PCF-0814-V3
August 2016

Chocolate Ice Cream

4:1 recipe

TRIED & TESTED

- **Preparation time:** 5 minutes
- **Freezing time:** 3-4 hours
- **Recipe makes** 2 portion#

*Each portion provides **approximately**:*

Nutritional content	1 portion	Your recipe
Fat	22.5g	
Protein	4.2g	
Carbohydrate	1.4g	
Energy (calories)	225kcal	

#image represents 1 portion

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Chocolate Ice Cream

Ingredients	Quantity	Your recipe
Double cream	30g	
keyo	100g	

Method

1. Lightly whip double cream in a small bowl.
2. Add keyo and fold through the whipped cream until well combined and evenly mixed.
3. Divide into 2 equal portions, add to freezer-safe containers, cover and place in the freezer for 3-4 hours until the desired texture is achieved.

Top Tip

- Can be frozen for longer, remove from the freezer and defrost until desired consistency achieved

Once defrosted do not refreeze

Keyo and carbzero are foods for special medical purposes and must be used under medical supervision

CL2-CIC-0816-V1
August 16

Lemon Parfait

3:1 recipe

TRIED & TESTED

- **Preparation time:** 20 minutes
- **Chilling time:** 2 hours
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	Your recipe
Fat	23g	
Protein	5g	
Carbohydrate	2.6g	
Energy (calories)	237kcal	

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Lemon Parfait

Ingredients	Quantity	Your recipe
Gelatine	2g (1 leaf)	
carbzero™	50g	
Cream cheese, full fat e.g. Philadelphia	60g	
Lemon zest	Zest of 1 lemon	
Liquid sweetener e.g. Hermesetas	To taste	
Raspberry	5g (Approx. 1)	

Method

1. Submerge the gelatine leaf in cold water for approximately 5 minutes until softened.
2. Gently heat **carbzero** in a saucepan for 1 minute. Remove from the heat, squeeze the water out of the gelatine leaf and stir into **carbzero** until dissolved.
3. Gradually add this mixture to the cream cheese stirring continuously until a thick smooth mixture has formed. Add the lemon zest and liquid sweetener.
4. Pour the mixture into a small serving dish/mould and place the raspberry on top.
5. Leave to set in the fridge for 2 hours.

Serving Suggestions

Always check with your dietitian what is suitable for you

- Use lime or orange zest for a different citrus flavour
- Add a biscuit base using low carbohydrate biscuits

Carbzero is a food for special medical purposes and must be used under medical supervision

CL2-LP-0816-V1
August 16

www.myketogenicdiet.com

keyo® is for the dietary management of epilepsy in a ketogenic diet; glut 1 deficiency syndrome or other conditions requiring a ketogenic diet, from 3 years of age.

carbzero is for use in the ketogenic diet or in the dietary management of conditions requiring a source of LCT from 3 years of age.

Keyo and carbzero are foods for special medical purposes. Use under medical supervision.

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