

5 Quick & Easy KetoCal® Recipes



KetoCal Blueberry Smoothie (4:1)

INGREDIENTS

200 g KetoCal® 4:1 LQ
Vanilla or Unflavored

30 g Blueberries, Frozen
Unsweetened

12 g Oil, Canola

DIRECTIONS

Place the KetoCal LQ, blueberries, oil, about 4 ice cubes, and optional carb-free sweetener (recommended if using KetoCal LQ Unflavored) into a blender.

Blend until smooth.



Items to have on hand:

- Blender
- Ice Cubes
- Carb-free sweetener

Nutrition Information (for entire recipe):

Carbohydrate	Calories	Fat	Protein	Ratio
4.1 g	418	41.8 g	6.3 g	4:1

KetoCal Chocolate Pudding (3:1)

INGREDIENTS

4 g Kraft Jello®
Fat Free/Sugar Free
Instant Chocolate
Pudding Powder*

8 g Oil, Canola

32 g KetoCal 4:1 LQ
Vanilla or Unflavored

DIRECTIONS

Mix all ingredients in a bowl.

Add carb-free sweetener (optional, but recommended, especially if using KetoCal 4:1 LQ Unflavored).

Whisk for 2 minutes.

Refrigerate for 15-20 minutes.



Items to have on hand:

- Bowl
- Hand whisk
- Carb-free sweetener
- Access to a refrigerator

Nutrition Information (for entire recipe):

Carbohydrate	Calories	Fat	Protein	Ratio
3.1 g	132	12.8 g	1.2 g	3:1

* Other flavors of sugar free instant pudding can be substituted. Be sure to add them into the recipe to be sure that the ratio is not changed.

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Please check with your ketogenic nutrition team to make sure these recipes meet your protein and calorie needs.

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KetoCal Creamy Tomato Basil Bisque (4:1)

INGREDIENTS

15 g Tomato Paste - Canned
 120 g KetoCal 4:1 LQ Unflavored
 2 g Bouillon, Wylers® Instant-Beef/
 Chicken Granules
 2 g Garlic Paste - Amore®
 20 mL Water
 4 g Cheese, Parmesan Grated (100%)
 1 g Basil - Fresh, Raw
 20 g Oil, Olive

DIRECTIONS

Over low heat, add oil, bouillon (dissolved in water), KetoCal, tomato paste, and garlic paste to a pot. Stir well until well blended (about 5 minutes).
 Add spices and cook an additional 5-10 minutes over low heat.
 Top with parmesan cheese.



Items to have on hand:

- Access to a stove or burner
- Small pot
- Spatula or mixing spoon

Nutrition Information (for entire recipe):

Carbohydrate	Calories	Fat	Protein	Ratio
3.8 g	400	40.0 g	6.4 g	4:1

KetoCal Creamy Gelatin Snack (4:1)

INGREDIENTS

220 g KetoCal 4:1 LQ, Unflavored or Vanilla
 3 g Kraft Jell-O® Sugar Free Gelatin, Dry Powder
 25 g Water
 10 g Oil, Canola

DIRECTIONS

Dissolve the gelatin in hot water.
 Add the KetoCal LQ and oil and stir.
 Pour into a mold/dish and refrigerate until set.



Items to have on hand:

- Bowl
- Spatula or mixing spoon
- Food mold or dish
- Hot water
- Access to a refrigerator

Nutrition Information (for entire recipe):

Carbohydrate	Calories	Fat	Protein	Ratio
2.0 g	426	42.6 g	8.6 g	4:1

KetoCal Pancakes (4:1)

INGREDIENTS

26 g KetoCal® 4:1 Powder
 8 g Butter
 7 g Cream, 36%
 4 g Oil, Olive
 28 g Egg (Raw, Mixed Well)
 4 mL Water

DIRECTIONS

Melt the butter. Stir the egg, cream, oil, and optional carb-free sweetener into the butter and mix well.
 Mix the KetoCal 4:1 powder and water, and then add into the mixture.
 Spray a small fry pan with oil and warm to medium heat.
 Pour batter into a small pancake. Cook until golden brown, then flip and repeat.
 Recipe makes 2 pancakes.



Items to have on hand:

- Access to a stove or burner
- Spatula or mixing spoon
- Bowl
- Small frying pan
- Carb-free pancake syrup (optional)

Nutrition Information (for entire recipe):

Carbohydrate	Calories	Fat	Protein	Ratio
1.1 g	341	34.0 g	7.5 g	4:1

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Brought to you by Nutricia North America

KetoCal® is a medical food for the dietary management of refractory epilepsy and are intended for use under medical supervision.

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