

Winter Vegetable Soup



3.5:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	19.9g	13.9g LCT	
		6g MCT	
Protein	1.4g		
Carbohydrate	4.3g		
Energy (calories)	202kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Butter	15g	
Celeriac, finely diced	50g	
Spring onion, sliced	20g	
Carrots, finely diced	20g	
Butternut squash, finely diced	10g	
Garlic purée e.g. GIA	2g	
K-Quik	30g	
Stock cube, vegetable	1g	
Water	185g	
Salt and pepper	to taste	

Method:

1. Melt the butter in a saucepan over a medium heat, add the celeriac, spring onion, carrot, butternut squash and garlic purée, cook for 3 to 4 minutes, stirring occasionally.
2. Add the **K-Quik**, stock cube and water, stir and simmer on a low heat for 10 minutes.
3. Pour the soup into a bowl, season with salt and pepper to preferred taste and serve.

Serving Suggestion

Always check with your dietitian what is suitable for you

- Serve with a bread roll (see recipe). Purée using a hand blender if preferred.



**K-Quik is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**