

Ratio 3.5:1

• Preparation time: 5 minutes

• Cooking time: 10 - 15 minutes

• Recipe makes: 1 portion



This recipe can be adapted to the following:







Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	12.8g	8.8g LCT	
		4g MCT	
Protein	1.3g		
Carbohydrate	2.4g		
Energy (calories)	130kcal		

Celeriac Mash

Add your own notes on perfecting this recipe to suit you.				





Celeriac Mash



Ingredients	Quantity	Your recipe
Celeriac, peeled & chopped	100g	
K-Quik	20g	
Butter	10g	
Salt & pepper (optional)	A pinch (or to taste)	





Method

- 1. Add celeriac to a saucepan, cover with water. On a high heat bring to a boil, reduce heat to simmer for 10-15 minutes or until soft, drain well.
- 2. Add cooked celeriac to a bowl with **K-Quik**, butter, salt and pepper.
- 3. Mash with a fork and serve.

For alternative textures...

Below you'll find guidance on how to achieve a different texture for this recipe, if required.

Always check with your dietitian about what is best suited to your requirements.





- 1. Repeat steps 1 and 2 of IDDSI level 6 method.
- 2. Blend ingredients until a smooth thick purée is achieved.





- 1. Repeat steps 1 and 2 of IDDSI level 6 method.
- 2. Add 100ml boiled water and blend until smooth.



• Use this simple recipe as a tasty side to a main meal!



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.

