



Innovation in Nutrition



cooking with
betaquik[®]

Welcome to Cooking with Betaquik®

Vitaflo is excited to introduce Betaquik®, now available in Australia.

Betaquik® is a great tasting, carbohydrate and protein free MCT emulsion, specifically designed for use in ketogenic diets. It can be used as a drink or in cooking. This booklet offers many delicious recipes that are simple and easy to adapt. We hope these help to add variety and enjoyment to your ketogenic diet.

All of these recipes have been developed by Judy Nation (Dietitian, AdvAPD) who

has extensive experience working in the area of the ketogenic diet.

We would like to acknowledge her contribution with many, many thanks.

At Vitaflo we understand that life is complicated enough and we aim to develop great products that make life easier, everyday.

We hope you enjoy using Betaquik®.

Robyn, Jane & Judy
Vitaflo Australia Team

IMPORTANT

As every person's ketogenic diet is different, the recipes included will likely need tweaking to suit a particular ketogenic diet "prescription". If you are unsure how to do this, ask your dietitian.

Recipes in this resource should only be used when you/your child are being reviewed regularly by a ketogenic diet team including a neurologist, experienced dietitian and nurse specialist.



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BETAQUIK CREAM (27% FAT)

400ml Betaquik
250g very low fat margarine
(23% fat; see brands page 27)
50g cornflour (see brands page 27)

Place all of the ingredients into a medium-sized saucepan.

Cook over a low heat, stirring continuously until mixture thickens.

Pour into a medium sized bowl and using a hand held mixer, beat for 2 minutes.

Leave to cool then place into the refrigerator to chill for 3 hours or overnight.

When chilled, whip the cream with a hand held beater for 2-3 minutes. The cream will lighten slightly.

**Makes approximately 520g.
100g provides 285kcal, 1.2g protein, 15.4g MCT, 11.8g LCT, 8.9g carbohydrate.**

Pictured opposite.

TARTARE SAUCE

50g whole egg raw (1 x 60g egg)
250g Betaquik cream
(see recipe opposite)
2 tbs lemon juice
2 tbs cider vinegar
2 tsp finely chopped parsley
10g drained capers

Blend all ingredients in a food processor. Serve chilled.

**Makes approximately 300g.
100g provides 255kcal,
3.1g protein, 12.8g MCT, 11.5g LCT,
7.9g carbohydrate.**



BETAQUIK CUSTARD

57g egg yolk (weight from 3 x 60g eggs)
23g cornflour (see brands page 27)
300ml Betaquik
200ml water
20g white table sugar
Vanilla essence (to taste)

Whisk egg yolks and cornflour to a smooth paste with a bit of the Betaquik.

Place remaining Betaquik, water and sugar into a small saucepan and heat until it boils.

Remove from the heat and add yolk, cornflour and Betaquik paste.

Add vanilla essence and whisk until thick.

Makes 4 serves, each providing 217kcal, 2.4g protein, 15g MCT, 4.6g LCT, 10.5g carbohydrate. (4% protein, 57% MCT, 20% LCT, 19% carbohydrate).



BETAQUIK ICE CREAM

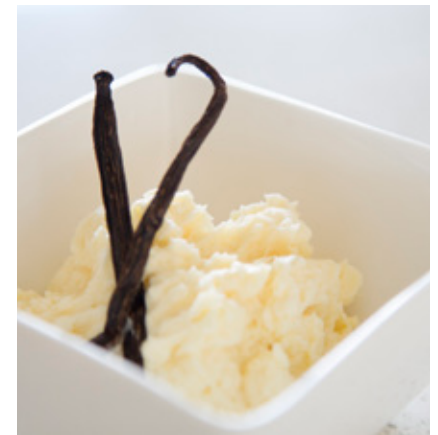
50g Betaquik cream (see basics page 5)

10g rich and thick chocolate topping (see brands page 27)

Blend together ingredients and place into a small container.

Freeze for one hour and serve icy cold.

Makes 1 serve providing 156kcal, 0.7g protein, 7.5g MCT, 6g LCT, 9g carbohydrate. (2% protein, 41% MCT, 34% LCT, 23% carbohydrate).



- Use different toppings such as strawberry, caramel and lime to make yummy Betaquik sundaes.
- Portion ice cream into moulds and make popsicles.
- Serve Betaquik ice cream with fruit salad. Try including bananas, grapes, peaches and apricots.
- Make “spiders” with Betaquik ice cream and sugar-free lemonade.

breakfast

BACON AND EGG ON TOAST

4g rice bran oil
42g whole egg (1 x 50g egg)
13g short rindless bacon
29g white bread
4g Alpha One® margarine
(see brands page 27)
100ml Betaquik

Place rice bran oil in a small, non-stick frying pan and heat until sizzles.

Add bacon and cook to your liking, remove from pan and put to one side.

Whisk together egg and 50ml of Betaquik. Pour into the frying pan and cook on one side until bubbling on surface. Using a spatula, drag the cooked egg into the centre, allowing the uncooked mixture to flow to the edges. Cook until bubbles appear again on the surface.

Fold the egg in halves, return bacon to pan and heat for another minute.

Meanwhile toast bread and spread with margarine.

Serve bacon, egg and toast with remaining Betaquik.

Makes 1 serve providing 400kcal, 10.2g protein, 20g MCT, 15.2g LCT, 14.2g carbohydrate (10% protein, 42% MCT, 34% LCT, 14% carbohydrate).

Pictured opposite.

WEET-BIX® WITH CHEESE

In a small bowl pour 100ml Betaquik over 15g Weet-Bix® (see brands page 27). Serve with 30g block cheddar cheese.

Makes 1 serve providing 347kcal, 9.5g protein, 20g MCT, 11.4g LCT, 10.1g carbohydrate (11% protein, 48% MCT, 30% LCT, 12% carbohydrate).



- Pour heated Betaquik over cereal for some tasty comfort food.
- Try replacing the Weet-bix with Cornflakes; the nutrient breakdown is almost identical.

WEET-BIX® WITH EGG

8g rice bran oil
55g beaten whole egg (1 x 67g egg)
20g Weet-bix® (see brands page 27)
100ml Betaquik

Heat oil in small non-stick frying-pan.
Scramble egg in oil until cooked through.

Serve with Weet-bix® and Betaquik.

**Makes 1 serve providing 391 kcal,
9.4g protein, 20g MCT, 14.7g LCT,
13.8g carbohydrate
(10% protein, 42% MCT, 34% LCT,
14% carbohydrate).**

Top Tips

- Try adding ham or bacon to the omelette or herbs and spices such as basil, chives, chilli or pepper.
- Instead of peach use other fruits; melon, grapes, berries or apricots.

OMELETTE WITH FRUIT

83g whole egg (2 x 50g eggs)
100ml Betaquik
4g Alpha One® margarine
4g rice bran oil
4g strawberry milk powder (see brands page 27)
125g fresh peach

Place margarine and rice bran oil into a small, non-stick frying pan and heat until margarine has melted and sizzles.

Whisk together egg and half of the Betaquik. Pour into the frypan and cook on one side until bubbling on surface. Using a spatula, drag the cooked egg to the centre, allowing the uncooked mixture to flow to the edges. Cook until bubbles appear again on the surface.

Fold the omelette in halves and heat for 1-2 minutes.

Stir milk powder into remaining Betaquik. Serve omelette with flavoured Betaquik and sliced peach.

**Makes 1 serve providing 414kcal,
11.7g protein, 20g MCT, 16.6g LCT,
12.8g carbohydrate
(11% protein, 40% MCT, 36% LCT
13% carbohydrate).**

Pictured opposite.



BANANA MILK

In a tall glass, stir 10g of banana flavoured milk powder (see brands page 27) into 100ml Betaquik. Serve chilled.

Ingredients provide 215kcal, no protein, 20g MCT, 1g LCT, 10g carbohydrate. (77% MCT, 4% LCT, 19% carbohydrate)

Pictured opposite.

VANILLA MILKSHAKE

Using a small handheld beater, blend together 75ml Betaquik, 32g No Sugar Added Vanilla Ice cream (see brands page 27), 21g full cream milk powder and 11g thickened cream (35% fat). Serve chilled.

Ingredients provide 301kcal, 7.9g protein, 15g MCT, 11g LCT, 11.2g carbohydrate (11% protein, 41% MCT, 33% LCT, 15% carbohydrate).



- “Sippah Straws” are a fun way to flavour Betaquik.
- Try mixing heated Betaquik with drinking chocolate and vanilla essence.
- Different flavoured milk powders can be used: strawberry and chocolate.



beverages



mains

SPICED BEEF WITH RICE

30g rice bran oil
57g dry white rice
2 tsp dried spices of choice
(i.e. curry powder, cajun mix)
76g chopped raw eggplant
76g chopped raw carrot
190g regular minced beef (15% fat)
10g cornflour (see brands page 27)
405ml Betaquik
1 tbs chopped fresh herbs
(of choice, optional)

Heat rice bran oil in a medium-sized saucepan over medium. Add rice and stir until each grain well covered in oil. Add spices and stir for a further 2 minutes.

Add eggplant and carrot to spice mixture and stir until grains of rice are coated. Cook for 5 minutes, stirring regularly. Add mince beef and cook until browned all over.

Blend cornflour into Betaquik. Add this to beef and rice and bring to boil, reduce heat and simmer until rice and vegetables are tender and sauce is thick.

Serve with fresh herbs of choice.

Makes 4 serves, each providing 410kcal, 10.1g protein, 20g MCT, 16g LCT, 14.7g carbohydrate (10% protein, 41% MCT, 35% LCT, 14% carbohydrate).

Pictured opposite.



- Try using different proteins such as chicken, lamb, pork, fish or boiled egg.
- Vegetables can also be changed; use snow peas, capsicum, carrot, spinach or mushrooms.
- Spice blends such as Moroccan, Indian and Asian, change the flavour of this dish.
- If preferred spices can be eliminated; use herbs instead such as basil and oregano to provide flavour.
- Leftover spiced beef and rice stays fresh in the refrigerator for 2-3 days.



CHEESE AND SPINACH FRITTATA WITH CRACKERS

200g Betaquik cream (27% fat)
(see basics page 5)
30g grated parmesan cheese
250g beaten whole egg (5 x 60g eggs)
50g spinach
6g x 6 Corn thins, original
(see brands page 27)
50ml x 6 Betaquik

Pre-heat oven to 200°C and spray a 6-hole muffin tray with a little oil.

In a medium-sized bowl, mix together the Betaquik cream, cheese, egg and spinach.

Divide mixture evenly between muffin holes and bake in the oven for 25 minutes (lightly browned on top). Leave to rest in the tray for 10 minutes.

Serve warm with corn thins (1 per serve) and Betaquik (50ml per serve).

Makes 6 serves, each providing 8.4g protein, 15g MCT, 10.4g LCT, 7.6g carbohydrate (12% protein, 44% MCT, 33% LCT and 11% carbohydrate)

Pictured opposite.



Try different cheeses; vintage cheddar, fetta, swiss or boccocini.

TUNA PATTIES

92g peeled chopped potato
42g tuna canned in brine and drained
4g butter
100ml Betaquik
8g rice bran oil

Place potato in a microwave safe container and cook on high for 3 minutes.

Mash with tuna and butter and 40g of the Betaquik. Continue to add Betaquik to mash until all combined. Using palm of hands shape into 2 patties of even size.

Place rice bran oil into a small sized frying pan and heat until sizzles.

Cook patties until browned on each side.

Makes 1 serve providing 392kcal, 12.7g protein, 20g MCT, 14g LCT, 12.7g carbohydrate (13% protein, 42% MCT, 32% LCT, 13% carbohydrate).



PASTA AND CAULIFLOWER BAKE

13g dry white pasta
50g raw cauliflower
8g finely chopped middle bacon
5g Alpha One® margarine
3g cornflour (see brands page 27)
100ml Betaquik
21g grated vintage cheddar cheese (37% fat)
4g pesto (see brands page 27)

Pre-heat oven to 200°C. Cook pasta in salted water in a small saucepan until al dente. Drain, rinse and put to one side.

Place cauliflower into a microwave safe dish with a little water and cook on high for 3 minutes. Drain. Microwave bacon on high for 20 seconds and put to one side.

Melt margarine over a low heat in another small saucepan, stir in cornflour until combined. Pour in Betaquik and stir continuously until mixture thickens. Add cheese and stir until melted.

Stir together pasta, cauliflower, bacon, cheese sauce and pesto. Place in a small oven proof dish (such as a ramekin) and bake for 20 minutes.

Makes 1 serve providing 393kcal, 9.4g protein, 20g MCT, 15g LCT, 13.7g carbohydrate (10% protein, 42% MCT, 34% LCT, 14% carbohydrate).

Pictured opposite.



- Serve pasta bake with shredded lettuce mixed with a little olive oil or a low-carb dressing.
- Use different shapes of pasta or use different vegetables like zucchini for variety.
- Try a variety of cheeses such as parmesan, havarti and fetta.
- This recipe is best made just before serving but leftovers keep well in the refrigerator for 2-3 days.



CHICKEN AND SWEETCORN CHOWDER WITH TOAST

14g olive oil
20g chopped onion
½ tsp each salt, thyme, basil
60g lean, raw, chicken breast thinly sliced
60g sweetcorn, kernels only
50g peeled chopped potato
200ml Betaquik
Black pepper
32g white bread
7g Alpha One® margarine
Fresh parsley/chives (optional)

Heat oil in small saucepan, add onion, salt and herbs. Sauté over medium heat until onion is soft. Add chicken; stir until browned.

Add sweetcorn and potato; sauté for 4 minutes.

Add Betaquik and season to taste with pepper. Simmer for 5 minutes.

Meanwhile, toast bread and spread with margarine.

Serve chowder hot with optional minced herbs and toast.

Makes 2 serves, each providing 354kcal, 9g protein, 20g MCT, 11.8g LCT, 11.5g carbohydrate (10% protein, 47% MCT, 30% LCT, 13% carbohydrate).



FISH AND CHIPS

60g peeled potato
7g vegetable oil
40g raw white fish
40g Betaquik Tartare Sauce (see basics page 5)
20g cherry tomatoes
75ml Betaquik as a drink



Use other vegetables to make “chips” such as pumpkin, sweet potato and celeriac.

Place potato in a small microwave container and heat on high for 3 minutes.

Leave on paper towel to dry out. Slice into chips.

Heat vegetable oil in a small frying pan. Cook potato in pan until nearly browned.

Cook fish in same pan for 2 minutes, turn over and cook for 1-2 minutes more.

Serve with tartare sauce, tomatoes and Betaquik.

Makes 1 serve providing 373kcal, 10.9g protein, 20g MCT, 12.8g LCT, 11.8g carbohydrate (12% protein, 45% MCT, 31% LCT, 12% carbohydrate)





snacks + desserts

CHOCOLATE MOUSSE

146ml Betaquik
4g gelatine (see brands page 27)
50ml water
21g sweetened cocoa powder
(see brands page 27)
50ml water, extra
37g egg yolk raw
(weight from 2 x 50g eggs)
203g Betaquik cream
(see basics page 5)
1 tsp Vanilla essence
Liquid artificial sweetener to taste
(see brands page 27)
81g egg white raw
(weight from 3 x 60g eggs)
194g peeled orange OR
170g No Sugar Added Vanilla Ice-cream
(see brands page 27)



Mousse made with Betaquik and strawberries is a great alternative to this chocolate version for dessert.

Heat Betaquik until almost boiling then set aside to cool slightly. Sprinkle gelatine over water and leave to rest until required.

Heat cocoa powder and extra water in a small-sized saucepan, stirring until a smooth paste is achieved. Whisk egg yolks into this paste. Add cooling Betaquik to this mixture and stir slowly. Heat and stir constantly over a medium heat until this mixture thickens slightly. Do not boil. Remove from heat and pour into a medium-sized bowl.

In another small saucepan, heat gelatine and water, stirring until gelatine is completely dissolved. Mix dissolved gelatine, cream, vanilla essence and sweetener into the thickened cocoa mixture. Cover surface with plastic film and refrigerate for 30 minutes.

Beat egg whites until soft peaks form. Gently fold egg whites into the refrigerated chocolate mixture.

Divide mixture into 6 serving dishes. Refrigerate until set and serve with either orange or ice cream.

Makes 6 serves

Each serve with orange provides
183kcal, 4.4g protein, 10g MCT,
6.2g LCT, 6.7g carbohydrate
(10% protein, 45% MCT, 30% LCT,
15% carbohydrate)

Each serve with ice cream provides
194kcal, 5.6g protein, 10g MCT,
6.9g LCT, 8g carbohydrate
(12% protein, 43% MCT, 32% LCT,
13% carbohydrate).

Pictured opposite.

COCONUT CREPES

82g sifted plain white flour
33g almond meal (see brands page 27)
107g desiccated coconut
7g baking powder (see brands page 27)
26g white sugar
350ml Betaquik
33g coconut oil (see brands page 27)
Vanilla essence (to taste)
100g egg whites (3 x 60g eggs)
Pinch of Salt
Oil spray (uncounted)

In a medium-sized bowl mix together flour, almond meal, coconut, baking powder and sugar.

Pour in Betaquik, oil and essence and mix until well combined.

In a clean bowl, beat the egg whites with salt until soft peaks form, then using a metal spoon, fold them into the batter.

Spray a small non-stick frying pan with oil and heat to medium. Pour heaped ¼-cup amounts of the batter into the fry pan and cook until bubbles start to form on the uncooked side. Flip over and cook on the other side for 1 minute, until golden.

Repeat process until all batter is used up.

Makes 9 pancakes, each providing 281kcal, 4g protein, 10g MCT, 15.3g LCT, 11g carbohydrate (6% protein, 29% MCT, 49% LCT, 16% carbohydrate).

Pictured opposite.



- Serving each crepe with a 25ml “shot” of Betaquik increases the MCT content and the energy content of the dish.
- Serving each crepe with a 25ml “shot” of Betaquik *and* 20g very low fat ricotta increases the MCT, energy *and* protein content of the dish.
- Leftover crepe batter keeps well in the refrigerator for 2 -3 days.



FRUIT SALAD AND BETAQUIK CREAM

30g rockmelon
30g watermelon
65g Betaquik cream (see basics page 5)
35g extra-light ricotta
(see brands page 27)

Dice rockmelon and watermelon.

Whip together the cream and ricotta.

Serve together chilled.

Makes 1 serve providing 207kcal, 3.5g protein, 10g MCT, 8.1g LCT, 9.6g carbohydrate (6% protein, 41% MCT, 35% LCT, 18% carbohydrate).



APPENDIX

Nutritional Values of Australian Foods¹ and actual product labelling was used in conjunction with a ketogenic diet calculator to determine the nutrient breakdown of each of the recipes. The recipe nutrient breakdowns were accurate at the time of printing this resource, however products do change their composition from time to time, so always check the nutritional label before proceeding.

BRANDS

Nesquik® banana milk powder
Flora® ultra-light margarine (Pro-Active range)
Lucky® “Easy Chef” almond meal
Wards by McKenzies® baking powder
Melrose® organic coconut oil
Peters® No Sugar Added vanilla ice cream
Cottee’s® Rich and Thick Chocolate Topping
Sucaryl® liquid artificial sweetener
Cadbury® Bournville cocoa powder, sweetened
Perfect Italiano® Extra-Light Ricotta
Sanitarium® Weet-Bix
Real Foods™ Corn Thins Original
Sacla® Original Pesto
Nesquik® strawberry milk powder
White Wings® cornflour



¹ English R., and Lewis J. *Nutritional Values of Australian Foods*. ANZFA. Australian Government Publishing Service Canberra. Commonwealth of Australia 1991.



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