

# Cream of Celery Soup



4:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	23.8g	17.8g LCT	
		6g MCT	
Protein	1.7g		
Carbohydrate	4.3g		
Energy (calories)	238kcal		



Enhancing Lives Together



# Cream of Celeriac Soup

Ingredients	Quantity	Your recipe
Butter	8g	
Celeriac, chopped	80g	
Onion, chopped	25g	
Garlic purée e.g. GIA	1g	
<b>K-Quik</b>	30g	
Stock cube, vegetable	1g	
Water	120g	
Double cream, e.g. Morrisons/Tesco	20g	
Salt and pepper	to taste	

## Method:

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



## Always check with your dietitian what is suitable for you

- Serve with a bread roll (see recipe)



**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.**