

Hot Dog & Cheese Soup



3:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	50.1g	34.1g LCT	
		16g MCT	
Protein	13.8g		
Carbohydrate	2.5g		
Energy (calories)	516kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Olive oil	15g	
Spring onions, chopped	20g	
Celeriac, chopped	50g	
Hot dogs, sliced e.g. Wikinger	40g	
Garlic purée e.g. GIA	2g	
K-Quik	80g	
Water	135g	
Cheddar cheese, grated	30g	
Salt and pepper	to taste	

Method:

1. Heat oil in saucepan over a medium heat, add the spring onions, celeriac, 30g of slice hot dog and garlic purée, cook for 3 to 4 minutes, stirring occasionally.
2. Add the **K-Quik** and water, stir and simmer on a low heat for 10 minutes.
3. Stir in 20g of grated cheddar cheese until melted.
4. Using a hand blender, blend to a smooth consistency.
5. Pour the soup into a bowl, add the remaining sliced hot dog and grated cheese, season with salt and pepper to preferred taste and serve.



- Add a pinch of mustard powder to the soup!



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.