

Bacon & Butternut Squash 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	30.3g	21.3g LCT	
		9g MCT	
Protein	5.9g		
Carbohydrate	4.1g		
Energy (calories)	313kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Olive oil	15g	
Back bacon, diced	30g	
Celery, chopped	10g	
Garlic purée e.g. GIA	1g	
Tomato purée e.g. GIA Sun Dried	1g	
Leek, thinly sliced	20g	
Butternut squash, diced	40g	
K-Quik	45g	
Stock cube, vegetable	1g	
Water	75g	
Salt and pepper	to taste	

Method:

1. Heat oil in saucepan over a medium heat, add the bacon, celery, garlic and tomato purées, leek, butternut squash. 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. Using a hand blender, blend the soup 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.**