

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.

