

Vegan Mushroom Soup



4:1 ratio

- **Preparation time:** 5 minutes
- **Cooking time** 25 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

| Nutritional content | Quantity | | Your recipe |
|---------------------|----------|----------|-------------|
| Fat | 26.3g | 6.3g LCT | |
| | | 20g MCT | |
| Protein | 3.3g | | |
| Carbohydrate | 3.1g | | |
| Energy (calories) | 262kcal | | |



Enhancing Lives Together

Vegan Mushroom Soup



| Ingredients | Quantity | Your recipe |
|-------------------------|----------|-------------|
| Naturu vegan block | 5g | |
| Garlic puree, e.g. Gia | 2g | |
| Mushroom, chopped | 150g | |
| Dried Shiitake mushroom | 3g | |
| Spring onions, chopped | 15g | |
| Water | 50g | |
| K-Quik | 100g | |
| Salt and pepper | to taste | |

Method:

1. Place a thick bottom pan on a medium heat melt Naturu vegan block.
2. Add garlic puree, chopped mushrooms, spring onions Shiitake dried mushrooms, sauté for two to three minutes.
3. Pour in the water and the **K-Quik** into the pan simmer for 20 minutes.
4. Using a handheld blender, blend until smooth add salt and pepper if needed.
5. Serve in a bowl.



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