



Recipe Guide

betaquik® is a ready-to-use liquid emulsion containing medium chain triglycerides (MCT). Your healthcare professional will advise you on suitable food choices and appropriate MCT intake for your ketogenic diet. Always consult them before making any changes to your diet.

betaquik® Handy Hints!

Once betaquik® is opened, keep refrigerated and use within 48 hours.

Stir betaquik®...	...into your favorite diet soda for a fizzy treat.
Mix betaquik®...	...with a few teaspoons of sugar-free chocolate or sugar-free strawberry flavored coffee syrup to create "chocolate or strawberry milky beverage".
Add betaquik® to your coffee!	Add a small amount as "creamer", or add more to make a "latte type beverage". Serve warm or pour over ice, for iced coffee.
Make betaquik® dessert!	When making sugar-free gelatin according to the package instructions, replace the cold water with betaquik® and refrigerate until set.
Blend betaquik®...	...with ice and your favorite sugar-free coffee syrup in a blender to make a "milkshake type beverage". For some variety, try sugar-free DaVinci® or Torani® Syrups available in flavors like cookie dough, hazelnut, English toffee, peppermint paddy, or caramel.
Create a betaquik® "quick sip".	Measure 5 teaspoons (25 ml) of betaquik® for 5 g MCT, or 10 teaspoons (50 ml) of betaquik® for 10 g MCT; and add a small amount of your preferred Bickford® flavor extract or other favorite permitted flavoring.



Innovation in Nutrition

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betaquik® Simple Recipes

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Orange Cream Soda	<p>¼ cup (60 ml) betaquik®</p> <p>¼ cup (60 ml) diet orange soda</p> <p>Gently stir betaquik® into diet soda. Pour over ice and enjoy!</p>	<p>Also try sugar-free caramel or hazelnut coffee syrups!</p>
	<p>Serves: 1</p> <p>Nutrition Info: 12 g MCT, 110 calories</p>	
Vanilla "Latte"	<p>4 fl. oz. (120 ml) betaquik®</p> <p>4 fl. oz. (120 ml) warm black coffee</p> <p>1–2 Tbsp. sugar-free vanilla coffee syrup</p> <p>Gently warm betaquik® in the microwave, using a microwave-safe mug. Carefully stir in coffee and sugar-free syrup.</p> <p>For an iced option, do not warm betaquik® and serve over ice.</p>	
	<p>Serves: 1</p> <p>Nutrition Info: 24 g MCT, 220 calories</p>	
Strawberries and "Cream"	<p>8.5 g package strawberry sugar-free Jell-O® gelatin (or any brand sugar-free gelatin)</p> <p>8 fl. oz. (240 ml) boiling water</p> <p>1 bottle (225 ml) betaquik®</p> <p>Dissolve gelatin in the boiling water. Add betaquik® and stir until mixed in. Divide into 5 equal servings, refrigerate until set.</p>	
	<p>Serves: 5</p> <p>Nutrition Info (per serving): 9 g MCT, 90 calories</p>	
Raspberry Ice Pops	<p>2 Tbsp. sugar-free raspberry coffee syrup</p> <p>1 bottle (225 ml) betaquik®</p> <p>Stir sugar-free coffee syrup into betaquik®.</p> <p>Pour evenly into 5 ice pop molds.</p> <p>Freeze until solid.</p>	
	<p>Serves: 5</p> <p>Nutrition Info (per serving): 9 g MCT, 80 calories</p>	

USE UNDER MEDICAL SUPERVISION

For enteral use only. Not for use as a sole source of nutrition.

The betaquik® recipe and mixing suggestions have been tested, using the ingredients/brands mentioned. Other similar products may be used instead.

Please discuss the suitability of these ingredients with your healthcare professional.

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