



K•Quik™ Recipe Guide



K•Quik™ is a ready-to-use liquid emulsion of medium chain triglycerides (MCT). Your healthcare professional will advise you on suitable food choices and appropriate MCT intake for your or your child's ketogenic diet. Always consult them before making any changes to the diet.

K•Quik™ Handy Hints!

Once K•Quik™ is opened, keep refrigerated and use within 48 hours.

Stir...	...into your favorite diet soda for a fizzy treat.
Mix...	...with a few teaspoons of sugar-free chocolate or sugar-free strawberry flavoured coffee syrup to create chocolate or strawberry "milk."
Add 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 dessert!	Make sugar-free gelatin according to the package instructions, replace the cold water with K•Quik™ and refrigerate until set. If you are in the mood for a frozen treat — pour the mixture into an ice pop mold and allow to freeze.
Blend...	...with ice and your favorite sugar-free coffee syrup in a blender to make a "milkshake type beverage." For some variety, try sugar-free coffee syrup available in flavours like cookie dough, hazelnut, English toffee, peppermint paddy, or caramel.
Create a "quick sip."	Measure 25 mL of K•Quik™ for 5 g MCT, or 50 mL of K•Quik™ for 10 g MCT; and add a small amount of your preferred K•Quik™ flavour extract or other favorite permitted flavouring.




Enhancing Lives Together
A Nestlé Health Science Company

Certified



K•Quik™ Simple Recipes

Once K•Quik™ is opened, keep refrigerated and use within 48 hours.

Orange Cream Soda	<p>1/4 cup (60 mL) K•Quik™</p> <p>1/4 cup (60 mL) diet orange soda</p> <p>Gently stir K•Quik™ into diet soda. Pour over ice and enjoy!</p> <hr/> <p>Serves: 1</p> <p>Nutrition Info: 12 g MCT, 110 calories</p>	<p>"Latte" Tip:</p> <p>Also try sugar-free caramel or hazelnut coffee syrups!</p>
Vanilla "Latte"	<p>1/2 cup (125 mL) K•Quik™</p> <p>1/2 cup (125 mL) warm black coffee</p> <p>1–2 tsp (5–10 mL) sugar-free vanilla coffee syrup</p> <p>Gently warm K•Quik™ 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 K•Quik™ and serve over ice.</p> <hr/> <p>Serves: 1</p> <p>Nutrition Info: 24 g MCT, 220 calories</p>	
Strawberries and "Cream"	<p>8.5 g package strawberry sugar-free gelatin</p> <p>1 cup (250 mL) boiling water</p> <p>1 bottle (225 mL) K•Quik™</p> <p>Dissolve gelatin in the boiling water. Stir in K•Quik™ until mixed.</p> <p>Divide into 5 equal servings, refrigerate until set.</p> <hr/> <p>Serves: 5</p> <p>Nutrition Info (per serving): 9 g MCT, 90 calories</p>	
Raspberry Ice Pops	<p>2 tsp (10 mL) sugar-free raspberry coffee syrup</p> <p>1 bottle (225 mL) K•Quik™</p> <p>Stir sugar-free coffee syrup into K•Quik™.</p> <p>Pour evenly into 5 ice pop molds.</p> <p>Freeze until solid.</p> <hr/> <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 USDA FoodData Central program was used for the nutrition analysis of these recipes. The nutrition information could change depending on the brand of product you choose and should only serve as a guideline. Be sure to check the nutrition label of any product substitution to ensure it is appropriate. Refer to labels for allergen information and suitability.

For more information, visit: [Vitafo.CA](https://www.vitalfo.com)

Unless otherwise noted all trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2025 Nestlé. VFCA_N_11919_072325