

CAMBROOKE™

KetoVie Café™

Kwik Mix

Keto-friendly baking mix
for pancakes, waffles,
quick breads and more!

4:1

ketogenic ratio



serving suggestion

24 servings per container

Nutrients	Per serving (28g)	Per 100g
Energy, kcal	142	507
Energy, kJ	594	2122
Total Fat, g	12	44
Saturated Fat, g	7.2	26
Trans Fat, g	0.1	0.3
Carbohydrate, g	1.6	5.8
Total Sugars, g	0.4	1.6
Fibre, g	10	36
Protein, g	1.4	5.1
Salt, g	0.45	1.6
Sodium, mg	181	645
Calcium, mg	44	158
Iron, mg	0.7	2.6

Eat Well, Live Well.

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FOOD FOR SPECIAL MEDICAL PURPOSES (FSMP)

INDICATION Kwik Mix is a 4:1 ketogenic ratio (fat:carbohydrate+protein) baking blend intended for the dietary management of intractable epilepsy and other conditions where a ketogenic diet is indicated, such as GLUT-1 deficiency syndrome or PDHD (pyruvate dehydrogenase deficiency).

DIRECTIONS FOR USE Use as directed by the physician or healthcare provider. Once open, reseal bag and store in the refrigerator to preserve freshness for up to 6 months.

SERVING SUGGESTION To make a 112g serving of waffles or pancakes (4:1 ratio):

- ¼ cup (28g) Kwik Mix
- 2 Tbs (30g) heavy cream, 36%
- ¼ cup (37g) egg, beaten well
- 2 tsp (10g) rapeseed oil
- 2 tsp (7g) water

Heat griddle or waffle iron; grease with oil. Whisk all ingredients until blended and pour on hot greased pancake griddle or in a greased waffle iron. Cook pancakes on both sides until golden or bake waffles until toasty golden brown.

IMPORTANT NOTICE A quick to mix baking blend for the preparation of breads, pancakes, cookies and more for incorporating into the spectrum of ketogenic diets. Must be administered under medical supervision. Not suitable for use as a sole source of nourishment. For enteral use only. For individuals over 3 years of age.

INGREDIENTS Medium chain triglyceride oil, stabilizer (gum arabic), bulking agent (powdered cellulose), almonds (**tree nuts**), raw macadamia nuts (**tree nuts**), psyllium, stabilizer (cream of tartar), contains less than 2% of leavening agent (baking soda), salt, anti-caking agent (silicon dioxide), antioxidant (tocopherol-rich extract). **Contains tree nuts.**

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Desiccant bag inside to
maintain freshness.
Please do not eat.

