

# LIQUIGEN<sup>®</sup>

## RECIPE BOOK

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The flexibility and customization  
you need and deserve

Emulsified MCT oil

 NUTRICIA





This booklet has a variety of easy keto-friendly recipes you can make at home. They help you add MCT oil to food and drinks. Liquigen® is part MCT oil and part water, which makes it creamy and easy to mix into recipes. Unlike other MCT oils, Liquigen doesn't separate, so it's a great addition to any meal, beverage or formula. It can also easily be added to tube feeds!

We hope this booklet helps you learn more about Liquigen® and have fun trying new things in the kitchen!

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**EASY TO USE.  
EASY TO ENJOY.**





**DRINK IT!**

Enjoy Liquigen®  
Alone or  
Get Creative!

# CREAM SODAS

Liquigen allows you to incorporate all of the benefits of MCT oil, but has a milk-like consistency and can be easily consumed alone or mixed seamlessly into beverages.

## SERVING: 1

### INGREDIENTS

#### ROOT BEER FLOAT

240 g Root Beer (carb-free)  
60 g Liquigen®

#### CHERRY CREAM

240 g Black Cherry Soda (carb-free)  
60 g Liquigen®

#### ORANGE CREAM

240 g Orange Soda (carb-free)  
60 g Liquigen®

#### COLA FLOAT

240 g Cola (carb-free)  
60 g Liquigen®

### NUTRITION

Calories	270
Protein	0 g
Fat	30 g
Carbohydrate	0 g
Fiber	0 g

### DIRECTIONS

1. Pour soda and Liquigen into a glass.
2. Stir until combined.
3. Serve over ice or at room temperature and enjoy!



# COCONUT CREAM DREAM

Take a moment to slow down and enjoy a taste of the tropics when you mix Liquigen® with Coconut Milk.

**KETO RATIO: 4:1**

**SERVING: 1**

## INGREDIENTS

**180 g** Coconut Milk\*, unsweetened

**30 g** Liquigen®

## NUTRITION

Calories	188
Protein	0.4 g
Fat	18.83 g
Carbohydrate	4.18 g
Fiber	0 g

## DIRECTIONS

1. Pour coconut milk and Liquigen into a glass.
2. Stir until combined.
3. Serve over ice or at room temperature and enjoy!

\*No sugar added, be sure to read label.

# CREAMY COFFEE

Start your day or enjoy a mid-day boost by adding emulsified MCT oil to your KetoCal® 2.5:1 LQ and iced coffee blend.

**KETO RATIO: 4:1**

**SERVING: 1**

## INGREDIENTS

**240 g** Brewed black coffee, chilled

**45 g** KetoCal® 2.5:1 LQ, Vanilla

**10 g** Liquigen®

## NUTRITION

Calories	115
Protein	2.34 g
Fat	11.54 g
Carbohydrate	0.5 g
Fiber	0.5 g

## DIRECTIONS

1. Pour chilled coffee, KetoCal 2.5:1 Liquid, and Liquigen into a glass.
2. Stir until well combined.
3. Serve over ice and enjoy!



**STIR IT!**

## RASPBERRY PARFAIT

Turn a quick snack or dessert into a fat bomb by mixing Liquigen® with your favorite sugar-free yogurt.

**KETO RATIO: 3:1**

**SERVING: 1**

### INGREDIENTS

15 g unsweetened raspberries (raw or frozen)

140 g whole milk plain yogurt\*

60 g Liquigen®

### NUTRITION

Calories	362
Protein	5.12 g
Fat	35.04 g
Carbohydrate	6.59 g
Fiber	0.98 g

### DIRECTIONS

1. Scoop yogurt into mixing bowl.
2. Add Liquigen.
3. Stir until well combined.
4. Serve in bowl or glass jar and top with fresh or frozen raspberries on top.

\*No sugar added, be sure to read label.



# SCRAMBLED CHEESY EGGS

Fat-boost your eggs by adding Liquigen®, the smooth, creamy consistency will make your breakfast egg-citing!

**KETO RATIO: 2.5:1**

**SERVING: 1**

## INGREDIENTS

10 g cheddar cheese  
80 g beaten raw eggs (mixed well)  
45 g Liquigen®

## NUTRITION

Calories	354
Protein	12.54 g
Fat	33.42 g
Carbohydrate	0.71 g
Fiber	0 g

## DIRECTIONS

1. Beat eggs well in a mixing bowl.
2. Add Liquigen and stir until combined.
3. Cook to desired consistency. Adding in cheddar cheese during cooking.
4. Serve and enjoy!

**Optional:** Save cheddar cheese for end if preferred as a topping.



# BROCCOLI CHEESE WITH BACON SOUP

Turn your meal into a fat-filled creamy soup that will curb your hunger and meet your MCT intake goals.

**KETO RATIO: 4:1**

**SERVING: 1**

## INGREDIENTS

180 g broccoli cheese with bacon soup, canned\*  
60 g Liquigen®

## NUTRITION

Calories	435
Protein	3.6 g
Fat	43.82 g
Carbohydrate	6.66 g
Fiber	0.74 g

## DIRECTIONS

1. Warm soup according to can's instructions.
2. Pour into serving bowl.
3. Add Liquigen to bowl.
4. Stir until combined.
5. Serve and enjoy!

\*Progresso brand was used



# CREAMY RANCH

Top your greens with a delicious dressing that adds MCT oil to your meal.

**KETO RATIO: 12:1**

**SERVING: 5 (20 G EACH)**

## INGREDIENTS

80 g ranch salad dressing

20 g Liquigen®

## NUTRITION

Calories	417
Protein	1.04 g
Fat	44.72 g
Carbohydrate	2.66 g
Fiber	0 g

## DIRECTIONS

1. Combine ranch salad dressing and Liquigen in a mixing bowl.
2. Stir until combined.
3. Portion into 5 servings.
4. Serve and enjoy! Refrigerate any unused portions.



# THAI-IGEN DIP

A great flavorful dip for vegetables or meat like chicken or steak.

**KETO RATIO: 4:1**

**SERVING: 1**

## INGREDIENTS

25 g peanut butter, creamy\*

35 g Liquigen®

6 g soy sauce

1 g cilantro

1 g basil

5 g onions, spring or scallions, raw

11 g coconut oil

## NUTRITION

Calories	405
Protein	6.14 g
Fat	40.6 g
Carbohydrate	3.86 g
Fiber	1.74

## DIRECTIONS

1. Combine all ingredients in a mixing bowl.
2. Stir until combined.
3. Serve as a dip and enjoy! Refrigerate unused dip.

\*Natural Skippy brand was used



# ALOHA CHEESECAKE FAT BOMB

Relax and enjoy a sweet treat to boost your fat and excite your taste buds.

**KETO RATIO: 5:1**

**SERVING: 5 (25 G EACH)**

## INGREDIENTS

- 70 g Cream Cheese, Philadelphia brand
- 25 g Liquigen®
- 10 g KetoCal® 4:1 powder
- 10 g Macadamia nuts, dry roasted with salt
- 10 g coconut, dried, unsweetened, shredded

## DIRECTIONS

1. Mix cream cheese, Liquigen, KetoCal 4:1 powder, macadamia nuts.
2. Add a few drops of liquid stevia and a pinch of cinnamon.
3. Stir in shredded coconut.
4. Divide into 5 portions. Refrigerate or freeze.

## NUTRITION

Calories	565
Protein	7.91 g
Fat	57.38 g
Carbohydrate	4.01 g
Fiber	2.96 g



# EVERYTHING DIPPING SAUCE

Take advantage of the smooth nature of Liquigen to create a custom MCT oil dipping sauce for meat or veggies.

**KETO RATIO: 11:1**

**SERVING: 5 (23 G EACH)**

## INGREDIENTS

- 60 g mayo
- 15 g lemon juice
- 15 g dijon mustard
- 20 g Liquigen®

## NUTRITION

Calories	528
Protein	1.89 g
Fat	56.32 g
Carbohydrate	3.21 g
Fiber	0.05 g

## DIRECTIONS

1. Combine mayo, lemon juice, dijon mustard, and Liquigen in a mixing bowl.
2. Stir until combined.
3. Portion into 5 servings.
4. Serve and enjoy! Refrigerate any unused portions.

**Bonus:** Great on burgers and with chicken nuggets





**BLEND IT!**

# VANILLA BLUEBERRY SMOOTHIE

Combine your KetoCal® 2.5:1 LQ with Liquigen® and frozen berries to create a custom smoothie.

**KETO RATIO: 4:1**  
**SERVING: 1**

## INGREDIENTS

- 30 g unsweetened frozen blueberries
- 130 g KetoCal® 2.5:1 Liquid
- 50 g Liquigen®

## NUTRITION

Calories	436
Protein	6.06 g
Fat	43.78 g
Carbohydrate	4.63 g
Fiber	2.3 g

## DIRECTIONS

1. Add frozen blueberries, KetoCal 2.5:1 Liquid, and Liquigen to blender.
2. Blend until combined.
3. Serve and enjoy!



# PEANUT BUTTER SMOOTHIE

A combo that is as classic as it gets. Blend together your favorite sugar-free PB with KetoCal® & Liquigen® for a 4:1 treat.

**KETO RATIO: 4:1**  
**SERVING: 1**

## INGREDIENTS

15 g peanut butter\*  
120 g KetoCal® 4:1 LQ  
30 g Liquigen®

## NUTRITION

Calories	404
Protein	7.35 g
Fat	40.49 g
Carbohydrate	2.55 g
Fiber	2.71 g

## DIRECTIONS

1. Add peanut butter, KetoCal 4:1 Liquid, and Liquigen to blender.
2. Blend until combined.
3. Serve and enjoy!

**Optional:** Add ice during blending for thicker consistency smoothie!



# GREEN MACHINE

Is it a dip? Soup? Spread?...you decide! This versatile avocado based condiment is a great way to add more fat to your diet

**KETO RATIO: 5:1**  
**SERVING: 3**

## INGREDIENTS

230 g avocado  
35 g Liquigen®  
10 g lemon juice  
165 g cream, 36%  
24 g butter  
30 g bacon

## DIRECTIONS

1. Melt butter
2. Add remaining ingredients and blend until smooth.
3. Add garlic, onion powder and salt and pepper to taste.

## NUTRITION

Calories	461
Protein	6.7 g
Fat	46.72 g
Carbohydrate	3.56 g
Fiber	5.22 g





Add Liguigen to your blenderized tube feeding diet plan to increase and customize your MCT oil intake!

Ask your clinician for recommended amounts to add.

# TUBE FEED IT!

## BLUEBERRY BLEND

A well-rounded blenderized option that excludes all 8 major food allergens. It combines fruit, vegetables and fresh meat with Liguigen as one of the main fat sources.

**KETO RATIO: 3:1**

**SERVING: 1**

### INGREDIENTS

20 g Blueberries, fresh	26 g Liguigen®
40 g Cauliflower, cooked	6 g Sunflower Lecithin Liquid
40 g Ground Beef (85% Lean), Cooked	18 g Oil, Olive
50 g Hass Avocado	310 mL Water

### DIRECTIONS

1. Thoroughly wash all fresh produce prior to cooking.
2. Weigh each ingredient on a gram scale.
3. Add ingredients to blender; use a spatula to scrape as much of the ingredients into the blender as possible.
4. Add water to create final volume.
5. Blend on low to medium speed until well blended.
6. Add salt and other micronutrient supplements, as necessary, to meet nutrient needs.

### NUTRITION

Calories	503	Protein	12.2 g
Fat	48.7 g	Carbohydrate	4.1 g
MCT, %	23		



# CHICKEN, FRUIT, AND VEGETABLE BLEND

This recipe is convenient as no blender is required. It is also free of the common food allergens: milk, egg, wheat, soy, peanuts, tree nuts, fish, and shellfish.

**KETO RATIO: 4:1**  
**SERVING: 1**

## INGREDIENTS

9 g Baby Food, Carrots  
90 g Baby Food, Chicken  
28 g Liquigen®  
28 g Oil Olive  
350 g Water

## NUTRITION

Calories	500
MCT, %	30
Protein	8.9 g
Fat	49.6 g
Carbohydrate	3.4 g

# BEEF & CAULIFLOWER BLEND

A great blenderized option for kids with multiple food allergies. This recipe excludes all 8 major food allergens and uses Liquigen® as the primary fat source.

**KETO RATIO: 4:1**  
**SERVING: 1**

## INGREDIENTS

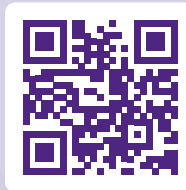
40 g Cauliflower, Cooked  
35 g Ground Beef (85% Lean), Cooked  
50 g Hass Avocado  
30 g Liquigen®  
6 g Sunflower Lecithin Liquid  
18 g Oil Olive  
330 g Water

## NUTRITION

Calories	499
MCT, %	27
Protein	10.8 g
Fat	49.9 g
Carbohydrate	1.7 g

# EASY TO USE. EASY TO ENJOY.

## Emulsified MCT oil



BUY ONLINE!



All images shown are for illustrative purposes only and do not represent finished recipes.

Brought to you by Nutricia North America.

Liquigen is a medical food, high energy medium chain triglyceride (MCT) emulsion for conditions where MCTs are part of dietary management, such as long-chain fatty acid oxidation disorders or conditions managed by the ketogenic diet. Suitable for individuals 1 year of age and older and must be used under medical supervision. Liquigen may require dilution for children under 5 years of age.