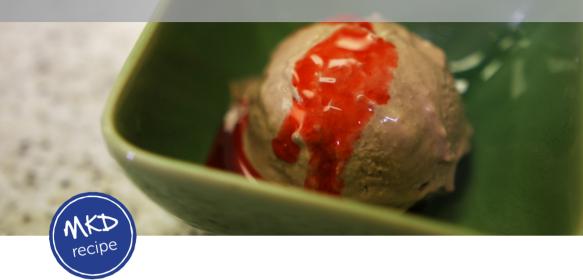
Chocolate Ice Cream



4:1 ratio

• Preparation time: 5 minutes

• Freezing time: 3 - 4 hours

• Recipe makes 2 x 65g portions*

Recipe provides approximately:

Nutritional content	Quantity		Your recipe/
	1 portion	2 portions	MKD exchanges
Fat	22.2g	44.4g	
Protein	4.2g	8.4g	
Carbohydrate	1.4g	2.8g	
Energy (calories)	223kcal	445kcal	



Chocolate Ice Cream



Ingredients	Quantity	Your recipe
Double cream, e.g. Morrisons/Tesco	30g	
K·Yo [™] Chocolate	100g	

Method:

- 1. Lightly whip double cream in a small bowl.
- 2. Add K·Yo and fold through the whipped cream until well combined and evenly mixed.
- **3.** Divide into 2 equal portions, add to freezer-safe containers, cover and place in the freezer for 3-4 hours.





Always check with your dietitian what is suitable for you

• Sugar free Da Vinci syrups are good dessert sauces.