

Hot Chocolate



3:1 ratio

- **Preparation time:** 5 minutes
- **Cooking time:** 5 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	37.6g	
Protein	9.3g	
Carbohydrate	2.9g	
Energy (calories)	388kcal	



Hot Chocolate



Ingredients	Quantity	Your recipe
K·Yo™ Chocolate	100g	
Single cream e.g. Morrisons/Tesco	40g	
Water	50g	

Method:

1. Add the **K·Yo** to a small saucepan and stir over a low heat for 2-3 minutes until a thin consistency is achieved.
2. Add the cream and water then continue to stir for 1-2 minutes until evenly mixed and warmed through (do not boil).



Always check with your dietitian what is suitable for you

- Serve with squirty cream.
- Add sugar free Da Vinci Syrup for alternative flavours.

**K·Yo is a food for special medical purposes and must be used under medical supervision.
These recipes have been specifically designed for use in a ketogenic diet.
Refer to labels for allergen and other product information.**