Blueberry Whip



Ratio 2:1

- Preparation time: 5 10 minutes
- Cooking time: 30 seconds
- Recipe makes: 1 portion

Viele K-Quik Register

This recipe can be adapted to the following:



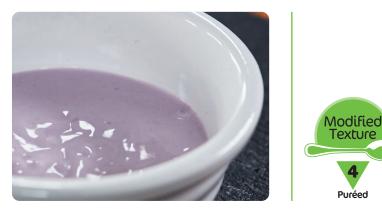
Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	17.1g	12.1g LCT	
		5g MCT	
Protein	3.3g		
Carbohydrate	4.9g		
Energy (calories)	187kcal		

Blueberry Whip



Ingredients	Quantity	Your recipe
Blueberries	30g	
Full fat cream cheese e.g. Philadelphia	55g	
K-Quik	25g	
Liquid sweetener e.g. Hermesetas	1-2 squirts	



Method

- 1. Add blueberries into a microwave-safe bowl and heat in microwave for 30 seconds to soften.
- 2. Blend blueberries, then sieve to remove pulp/ skins.
- 3. In a bowl, add blueberries, cream cheese, **K-Quik**, liquid sweetener and mix.
- 4. Blend ingredients until a smooth thick purée is achieved.



K.Quik is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet.



Refer to labels for allergens and other product information.