

# Blueberry Smoothie



3.1:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	23.5g	
Protein	4.6g	
Carbohydrate	3g	
Energy (calories)	242kcal	





# Blueberry Smoothie

Ingredients	Quantity	Your recipe
Blueberries, fresh	26g	
K-Flo™	125g	
Double Cream e.g. Morrison's or Tesco	10g	

## Method:

1. Place the blueberries in a microwave safe bowl, heat on high for 30 seconds.
2. Put all the ingredients in the blender.
3. Blend until smooth and serve.



- For a sweeter flavour use carbohydrate-free sweetener or 1-2 teaspoons of Walden Farms Near Zero Blueberry Flavoured Syrup.
- Use frozen blueberries, if the fruit is out of season.



## Always check with your dietitian what is suitable for you

- Serve over crushed ice.



K-Flo™ 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.