

Chocolate Smoothie



3.5:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	33.4g	
Protein	8.3g	
Carbohydrate	1.4g	
Energy (calories)	339kcal	



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
K-Flo®	125g	
K-Yo™ Chocolate	50g	

Method:

1. Put all the ingredients in the blender and blend until smooth, serve.



- For a more intense chocolate flavour add Walden Farms Near Zero Chocolate Flavoured Sauce or cocoa powder.



Always check with your dietitian what is suitable for you

- Serve over crushed ice.



K.Flo and K.Yo are foods 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.