

Jelly



3.1:1 ratio

- **Preparation time:** 5 minutes
- **Chilling time:** 90 minutes
- **Recipe makes** 2 x 150g portions

Recipe provides **approximately:**

Nutritional content	1 portion	2 portions	Your recipe
Fat	22.2g	44.3g	
Protein	6.3g	12.6g	
Carbohydrate	1g	2g	
Energy (calories)	229kcal	457kcal	



Enhancing Lives Together

Jelly



Ingredients	Quantity	Your recipe
Water	20ml	
Sugar free jelly crystals e.g. Hartley's (any flavour)	7g	
K-Flo®	250ml	
Double cream e.g. Morrison's or Tesco	15g	

Method:

1. Measure water into microwave-safe bowl and stir in jelly crystals until dissolved.
2. Heat on a high heat in the microwave for 20 seconds
3. Stir in the **K-Flo®** and double cream, mix well.
4. Place in the fridge to set, serve.



Always check with your dietitian what is suitable for you

- Serve with double cream and berries i.e. raspberries, blueberries or strawberries.



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.