

# Kulfi



3.9:1 ratio

- **Preparation time:** 20 minutes
- **Chilling time:** 6 hours or overnight
- **Recipe makes** 3 portions

Recipe provides **approximately:**

Nutritional content	1 portion	3 portions	Your recipe
Fat	9.8g	29.4g	
Protein	1.7g	5g	
Carbohydrate	1.1g	2.7g	
Energy (calories)	99kcal	295kcal	



Enhancing Lives Together

# Kulfi



Ingredients	Quantity	Your recipe
Double cream e.g. Morrison's or Tesco	25g	
Allspice, ground	1g	
Turmeric, ground	1g	
<b>K-Flo®</b>	75g	
Pistachio nuts, kernel only, chopped	10g	
Pomegranate, seeds and flesh	10g	

## Method:

1. In a bowl, add cream, allspice and turmeric, whisk until stiff.
2. Using a spatula, fold the **K-Flo®** into the cream.
3. Pour the mixture into 3 Kulfi or ice lolly moulds (the portions this recipe makes may differ, depending on the size of the moulds used). Do not fill to the top, leave some space.
4. Divide the pistachio nuts and pomegranate into the number of moulds used, and sprinkle them on the top of each Kulfi.
5. Place in the freezer for approximately 6 hours or until frozen.
6. To release the Kulfi from the mould, run some warm water over it.
7. Once released from the mould, place on a plate and leave for 10 minutes to slightly defrost before serving.



- Instead of adding the pistachio nuts and pomegranate to the mould, place on the plate and roll the Kulfi in them when serving.
- Alternative flavours can be used e.g. cinnamon, nutmeg, ground cloves.

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

**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.**