

Mocha



3.3:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	36.8g	
Protein	8.9g	
Carbohydrate	2.2g	
Energy (calories)	375kcal	



Enhancing Lives Together

Mocha



Ingredients	Quantity	Your recipe
K·Yo™ Chocolate	50g	
K·Flo®	125g	
Coffee, granules	1 tsp	
Spray cream, full fat e.g. Tesco	10g	

Method:

1. In a microwave-safe bowl, **K·Yo**, **K·Flo** and coffee together.
2. Heat on high for 30 seconds, remove and stir, heat for a further 30 seconds.
3. Pour into mug and top with spray cream, serve.



Always check with your dietitian what is suitable for you

- Blend with crushed ice to make a refreshing drink in the Summer.



**K·Yo and K·Flo 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.**