

Porridge



3.5:1 ratio

- **Preparation time:** 2 minutes
- **Cooking time:** 1 minute
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	29.8g	
Protein	5.6g	
Carbohydrate	3g	
Energy (calories)	302kcal	



Enhancing Lives Together



Porridge

Ingredients	Quantity	Your recipe
Ground Almonds	6g	
Ground flaxseed e.g. Cold Milled Virginia Harvest	5g	
Porridge oats e.g. Tesco Scottish Oats	3g	
K-Flo®	75g	
Double cream e.g. Morrison's or Tesco	26g	
Liquid Sweetener e.g. Hermesetas	To Taste	

Method:

1. In a microwave safe bowl, mix the dry ingredients together.
2. Add **K-Flo®** and cream, mix until smooth.
3. Heat in the microwave on a medium heat for 30 seconds (time may vary depending on power of microwave).
4. Remove and stir the porridge, return to microwave and heat for a further 30 seconds.
5. Add liquid sweetener, as required to taste, and serve.



- Drizzle over some sugar free maple syrup.



Always check with your dietitian what is suitable for you

- Add some berries i.e. blueberries, strawberries or raspberries.

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.