

Strawberry Smoothie



3.5:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	25.1g	
Protein	4.6g	
Carbohydrate	2.5g	
Energy (calories)	254kcal	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
K-Flo®	125g	
Double Cream e.g. Morrison's or Tesco	13g	
Strawberries, fresh	30g	

Method:

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



Top
Tip

- For a sweeter flavour use carbohydrate-free sweetener or 1-2 teaspoons of Walden Farms Near Zero Strawberry Flavoured Syrup.
- Use frozen strawberries, if the fruit is out of season.
- For a smoother texture, pour the smoothie through a sieve to remove the seeds.



Serving
Suggestion

Always check with your dietitian what is suitable for you

- Serve over crushed ice.



**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.**