

Vanilla Custard



2.5:1 ratio

- **Preparation time:** 2 minutes
- **Cooking time:** 1 minute
- **Recipe makes** 2 x 74g portions

Recipe provides **approximately:**

Nutritional content	1 portion	2 portions	Your recipe
Fat	9.2g	18.4g	
Protein	2.2g	4.3g	
Carbohydrate	1.5g	3g	
Energy (calories)	97kcal	194kcal	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
K-Flo®	125g	
Custard powder e.g. Birds®	3g	
Liquid sweetener e.g. Hermesetas	1 squirt	

Method:

1. In a microwave safe bowl, mix all the ingredients together.
2. Place in the microwave on a high heat for 30 seconds, stir and heat for a further 30 seconds, and serve.



Always check with your dietitian what is suitable for you

- Great served with crumbles and sponge recipes (see recipes).



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.