

Vegan Iced Coffee with Whipped Cream



4.2:1 ratio

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

Recipe provides **approximately:**

| Nutritional content | Quantity | | Your recipe |
|---------------------|----------|---------|-------------|
| Fat | 25g | 5g LCT | |
| | | 20g MCT | |
| Protein | 2.6g | | |
| Carbohydrate | 3.3g | | |
| Energy (calories) | 249kcal | | |



Enhancing Lives Together

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| Ingredients | Quantity | Your recipe |
|---|----------|-------------|
| Almond milk, sugar free e.g. Alpro | 100g | |
| Sweetener e.g. Sukrin gold/ Erythritol | 3g | |
| Instant coffee | 3g | |
| K-Quik | 100g | |
| Walden farm near zero Caramel | 5g | |
| Ice cubes /crushed ice | 30g | |
| Heavenly whipped spray cream | 18g | |

Method:

1. In a bowl add Alpro almond milk, sweetener, coffee and **K-Quik**, mix all the ingredients with a hand blender.
2. Add the ice in large glass pour in the coffee mixture.
3. Top with the whipped cream.



Always check with your dietitian what is suitable for you.
K-Quik 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.