

# Blueberry Smoothie



4:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	24.3g	4.3g LCT	
		20g MCT	
Protein	1.6g		
Carbohydrate	4.4g		
Energy (calories)	242kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Almond milk, no sugar e.g. Alpro	100g	
<b>K-Quik</b>	100g	
Blueberries	35g	
Greek style yoghurt, full fat	20g	
Sweetener e.g. Sukrin Gold	5g	

## Method:

1. Place all ingredients into a blender.
2. Blend for 10 seconds.
3. Pour into a large glass and serve.



**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.**