

Vegan Almond Ice Cream



3:1 ratio

- **Preparation time:** 5 minutes
- **Freezing time:** 3 to 4 hours
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	35.4g	20.4g LCT	
		15g MCT	
Protein	8.4g		
Carbohydrate	2.7g		
Energy (calories)	363kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Almonds, Flaked, Toasted	10g	
Sweetener e.g. sukrin gold	4g	
Almond butter e.g. Meridian	25g	
K-Quik	75g	
Vanilla Essence	2g	

Method:

1. Place a thick bottom pan on a medium heat.
2. Add in Almond flakes and Sukrin Gold, cook for 2 mins.
3. In plastic container combine the Almond butter, **K-Quik** and vanilla essence together.
4. Stir in the caramelised almond flakes.
5. Place the lid on the container and freeze for an hour.
6. Take the container out and stir the mixture place lid back on freeze for another 2 to 3 hours.



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.