

Vegan Chocolate Pudding



2.5:1 ratio

- **Preparation time:** 5 minutes
- **Chilling time** 30 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	18.1g	4.1g LCT	
		14g MCT	
Protein	4g		
Carbohydrate	3g		
Energy (calories)	191kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Tofu, silken	75g	
Sweetener e.g. Sukrin Gold	2g	
Vanilla essence	1g	
K-Quik	70g	
Cocoa powder	4g	
Cinnamon, ground	1g	
Xanthan gum	1g	
Vegan dark cocoa chocolate, grated e.g. Lindt	2g	

Method:

1. Blend the silken tofu, sweetener, vanilla essence and **K-Quik** with hand blender until smooth.
2. Whisk in the cocoa powder, cinnamon and xanthan gum.
3. Place in a bowl, sprinkle grated vegan chocolate over the top.
4. Refrigerate for 30 minutes.



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.