

# Vegan Coffee with Whipped Cream



4.3:1 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	3.2g		
Energy (calories)	248kcal		



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	5g	
Instant coffee	3g	
<b>K-Quik</b>	100g	
Whipped spray cream e.g. Heavenly	18g	

## Method:

1. Place a thick bottom pan on a medium heat.
2. Add in Alpro almond milk, sweetener, coffee and **K-Quik** whisk till it comes to the boil.
3. Pour into large mug. Place the mug on the scale and zero the scales.
4. 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.