

Vegan Porridge



4:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	55.4g	35.4g LCT	
		20g MCT	
Protein	11g		
Carbohydrate	2.9g		
Energy (calories)	554kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
K-Quik	100g	
Coconut oil	10g	
Sweetener e.g. Sukrin gold	4g	
Cinnamon, ground	1g	
Flax and mix seed mix e.g. Linwoods	38g	
Ground almonds	10g	
Porridge oats	2g	
Water	50g	

Method:

1. Place a thick bottom pan on a medium heat.
2. Combine all the ingredients in the pan.
3. Gradually heat until simmering point is reached keep stirring.
4. Place the cooked mixture into a bowl.



Always check with your dietitian what is suitable for you

- Try with sugar free Maple syrup or sugar free coconut yoghurt on the top.



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.