

Vegan Raspberry Smoothie



4:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	23g	3g LCT	
		20g MCT	
Protein	3g		
Carbohydrate	2.8g		
Energy (calories)	230kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
K-Quik	100g	
Almond milk, sugar free e.g. Alpro	50g	
Soya Greek style yoghurt e.g. Alpro	40g	
Raspberries	35g	
Sweetener e.g. Sukrin gold/ Erythritol	5g	

Method:

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



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.