

# Vegan Tropical Smoothie



4:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	19.3g	4.3g LCT	
		15g MCT	
Protein	0.6g		
Carbohydrate	4.1g		
Energy (calories)	192kcal		



Enhancing Lives Together

# Vegan Tropical Smoothie



Ingredients	Quantity	Your recipe
Almond milk, no sugar e.g. Alpro	100g	
Sweetener e.g. Sukrin Gold	5g	
Banana	10g	
<b>K-Quik</b>	75g	
Coconut milk, no sugar e.g. Alpro	20g	
Pineapple juice, unsweetened	15g	
Ice cubes/crushed ice	30g	

## Method:

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



**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.**