

# Chocolate and Strawberry Chia Dessert



3:1 ratio

- **Preparation time:** 5 - 10 minutes
- **Chilling time:** 2 hours
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	22.5g	
Protein	5.1g	
Carbohydrate	2.3g	
Energy (calories)	232kcal	



# Chocolate and Strawberry Chia Dessert



Ingredients	Quantity	Your recipe
Water	25g	
Chia Seeds e.g. The Chia Company	4g	
Double cream e.g. Morrisons/ Tesco	12g	
<b>K·Yo™</b> Chocolate	50g	
Strawberries, chopped	18g	

## Method:

1. Add water and chia seeds to small bowl, cover and place in the fridge for at least 1 hour to allow the seeds to soften and swell.
2. After 1 hour, stir in **K·Yo™** and cream then return to the fridge for a further 1 hour to chill and allow the chia seeds to swell a little more.
3. Serve with chopped strawberries.



Always check with your dietitian what is suitable for you

- Use alternative fruit.



**K·Yo 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.**