

Chocolate Ice Cream



4:1 ratio

- **Preparation time:** 5 minutes
- **Freezing time:** 3 - 4 hours
- **Recipe makes** 2 x 65g portions*

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/ MKD exchanges
	1 portion	2 portions	
Fat	22.2g	44.4g	
Protein	4.2g	8.4g	
Carbohydrate	1.4g	2.8g	
Energy (calories)	223kcal	445kcal	



*image represents 1 portion

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Ingredients	Quantity	Your recipe
Double cream, e.g. Morrisons/Tesco	30g	
K·Yo™ Chocolate	100g	

Method:

1. Lightly whip double cream in a small bowl.
2. Add **K·Yo** and fold through the whipped cream until well combined and evenly mixed.
3. Divide into 2 equal portions, add to freezer-safe containers, cover and place in the freezer for 3-4 hours.



Always check with your dietitian what is suitable for you

- Sugar free Da Vinci syrups are good dessert sauces.

**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.**