

Vanilla and Strawberry Chia Dessert



3.1:1 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 | 2.1g | |
| Energy (calories) | 231kcal | |



Enhancing Lives Together



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| Ingredients | Quantity | Your recipe |
|--|----------|-------------|
| Water | 25g | |
| Chia Seeds e.g. The Chia Company | 4g | |
| Double Cream e.g. Morrison's or Tesco | 12g | |
| K·Yo™ Vanilla | 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. Stir in **K·Yo™** and cream, 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 an alternative fruit, i.e. blueberries or raspberries.



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.