

# Banana Muffins and Cream with K:Quik Shot



MCT  
recipe

- Preparation time: 20 minutes
- Cooking time: 20 minutes
- Recipe makes 1 portion

Recipe provides approximately:

| Nutritional content | Quantity | % of total energy | Your recipe |
|---------------------|----------|-------------------|-------------|
| MCT                 | 20g      | 46%               |             |
| LCT                 | 13g      | 30%               |             |
| Protein             | 10g      | 10%               |             |
| Carbohydrate        | 14g      | 14%               |             |
| Energy (calories)   | 393kcal  | 100%              |             |

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# Banana Muffins and Cream with K·Quik Shot

| Ingredients                                 | Quantity                          | Your recipe |
|---|-----------------------------------|-------------|
| <b>Banana Muffins and Cream</b>             |                                   |             |
| Banana, mashed                              | 35g                               |             |
| Almonds, ground                             | 10g                               |             |
| Skimmed milk powder                         | 10g                               |             |
| <b>K·Quik</b>                               | 50g                               |             |
| Egg, beaten                                 | 30g                               |             |
| Carbohydrate free baking powder e.g. Barkat | 1/8 teaspoon                      |             |
| Sweetener e.g. Hermesetas Liquid or Truvia  | A few drops or 1/4 - 1/2 teaspoon |             |
| Anchor 'squirty' extra thick cream          | 8g                                |             |
| <b>K·Quik Shot</b>                          |                                   |             |
| <b>K·Quik</b>                               | 50g                               |             |

## Method

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Mix together skimmed milk powder, mashed banana and ground almonds.
3. Mix 50g **K·Quik**, egg, carbohydrate free baking powder and sweetener into this mixture.
4. Divide mixture equally into two cupcake/silicone moulds and bake for 15-20 minutes until risen and golden.
5. Serve both muffins with Anchor 'squirty' cream and 50g 'shot' **K·Quik**.



- Allow muffins to cool before removing from moulds
- Silicone moulds work well



Always check with your dietitian what is suitable for you

- For alternative flavours add 1/2 teaspoon of cinnamon/ginger or a few drops of vanilla essence to the mixture before baking
- Perfect for breakfast, packed lunch or picnics
- Flavour K·Quik shot with sugar free Da Vinci Syrup

**K·Quik is a food for special medical purposes and must be used under medical supervision. These recipes have been specifically designed for use in a ketogenic diet. Refer to labels for allergen and other product information.**