

MCT Jelly



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

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	10g	90%	
LCT	0.5g	4.5%	
Protein	1.4g	5.5%	
Carbohydrate	0g	0%	
Energy (calories)	100kcal	100%	



Enhancing Lives Together



MCT Jelly

Ingredients	Quantity	Your recipe
Boiling water	50ml	
Sugar free jelly crystals e.g. Hartley's (any flavour)	2.3g ($\frac{1}{8}$ sachet)	
K-Quik	50ml	

Method

1. Measure 50ml boiling water in a measuring jug.
2. Stir in jelly crystals until dissolved.
3. Add **K-Quik** and stir well.
4. Pour the jelly mixture into a mould.
5. Leave to cool, cover and place in fridge to set.



- An easy way to get **10g of MCT** into your diet!



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.