

Yogurt Smoothie

MCT
recipe

- Preparation time: 5 minutes
- No cooking required
- Recipe makes 1 portion

Recipe provides **approximately**:

Nutritional content	Quantity	% of total energy	Your recipe
MCT	10g	45%	
LCT	7g	31%	
Protein	4.5g	9%	
Carbohydrate	7.5g	15%	
Energy (calories)	201kcal	100%	



Enhancing Lives Together



Yogurt Smoothie

Ingredients	Quantity	Your recipe
K-Quik	50g	
Greek Yogurt, 10% fat	65g	
Strawberries, chopped	75 g	
Sweetener e.g. Hermesetas Liquid or Truvia	A few drops or ¼ - ½ teaspoon	

Method 1

1. Place **K-Quik**, greek yogurt, strawberries and sweetener into a liquidiser/blender and blend for 1 minute or until smooth.
2. Pour into glass/beaker and serve.

Method 2

1. Mash strawberries with a fork until smooth.
2. Mix in **K-Quik**, yogurt and sweetener.
3. Pour into glass/beaker and serve.



- If storing in the fridge stir before drinking



Always check with your dietitian what is suitable for you

- Use alternative permitted fruit(s) for different flavours
- Add sugar free Da Vinci syrup to intensify or vary the flavour
- Blend with ice for a frozen 'slush'



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.