

Mint Chocolate Dessert



3.3:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	15.7g	10.7g LCT	
		5g MCT	
Protein	2.7g		
Carbohydrate	2g		
Energy (calories)	160kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Avocado, chopped	45g	
K-Quik	25g	
Water	25g	
Liquid sweetener e.g. Hermesetas	2 squirts	
Peppermint extract e.g. Dr. Oetker	a few drops	
Cocoa powder e.g. Bournville	8g	

Method:

1. Place all ingredients into a blender and blitz for 1 minute until a smooth, thick mixture has formed.
2. Serve immediately or chill in fridge before serving.



Always check with your dietitian what is suitable for you

- For an alternative flavour use carbohydrate free vanilla/orange extract or grated orange zest for a chocolate orange dessert!

**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.**