

Vegan Smoothie Bowl



3.3:1 ratio

- **Preparation time:** 40 minutes
- **Recipe makes** 2 portions

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	Per 1 portion		Per 2 portions		
Fat	31.4g	21.3g LCT	62.8g	42.6g LCT	
		10.1g MCT		20.2g MCT	
Protein	6.8g		13.6g		
Carbohydrate	2.8g		5.6g		
Energy (kcal)	321		642		



Enhancing Lives Together



Vegan Smoothie Bowl

Ingredients	Quantity	Your recipe
Avocado	150g	
Lemon juice	10g	
K-Quik	100g	
Chia seed	12g	
Spinach, baby, raw	50g	
Almond extract	1g	
Whole Earth almond butter	10g	
Vanilla essence	2g	
Sukrin Gold	2g	
Blueberries	16g	
Soy flakes	10g	

Method:

1. Mash the avocado with the lemon juice.
2. In a separate bowl, mix the **K-Quik** with 10g of the chia seeds, add the spinach and leave to soak for 40 minutes.
3. In a separate bowl, mix the almond butter and almond essence until soft and smooth.
4. Add almond butter mixture to the **K-Quik**, spinach and chia seeds and mix well.
5. Then fold in the mashed avocado mix and sukrin gold.
6. Sprinkle the blueberries, soy flakes and remaining chia seeds to serve.



**K-Quik 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.**