

# Blueberry Whip



## Ratio 2:1

- Preparation time: 5 - 10 minutes
- Cooking time: 30 seconds
- Recipe makes: 1 portion



This recipe can be adapted to the following:



Recipe provides **approximately**:

Nutritional content	Quantity		Your recipe
Fat	17.1g	12.1g LCT	
		5g MCT	
Protein	3.3g		
Carbohydrate	4.9g		
Energy (calories)	187kcal		

# Blueberry Whip



Ingredients	Quantity	Your recipe
Blueberries	30g	
Full fat cream cheese e.g. Philadelphia	55g	
<b>K-Quik</b>	25g	
Liquid sweetener e.g. Hermesetas	1-2 squirts	



## Method

1. Add blueberries into a microwave-safe bowl and heat in microwave for 30 seconds to soften.
2. Blend blueberries, then sieve to remove pulp/ skins.
3. In a bowl, add blueberries, cream cheese, **K-Quik**, liquid sweetener and mix.
4. Blend ingredients until a smooth thick purée is achieved.



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.



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