

Chia Seed with Redcurrant



4:1 ratio

- **Preparation time:** 30 minutes
- **Cooking time:** 30 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	26.2g	6.2g LCT	
		20g MCT	
Protein	4g		
Carbohydrate	2.5g		
Energy (calories)	262kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Soya milk, low sugar e.g. Alpro Soya Light	20g	
Sweetener e.g. Sukrin Gold	2g	
Vanilla Essence	2g	
K-Quik™	100g	
Chia seeds	15g	
Redcurrants	46g	

Method:

1. In a dessert bowl, mix all the ingredients except the redcurrants, cover and leave to soak in fridge for 30 minutes, stirring occasionally.
2. Top the chia seed mixture with the redcurrants and 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.**

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