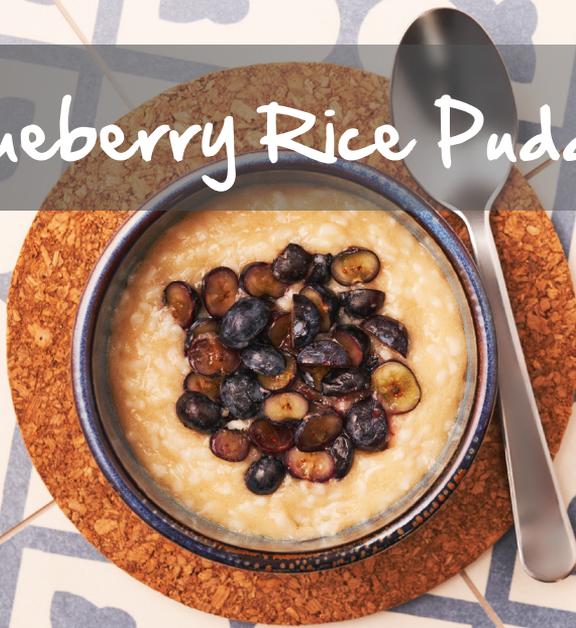


Blueberry Rice Pudding



4:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 3 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	11.3g	1.3g LCT	
		10g MCT	
Protein	0.6g		
Carbohydrate	2.1g		
Energy (calories)	113kcal		



Enhancing Lives Together



Blueberry Rice Pudding

Ingredients	Quantity	Your recipe
Slim rice	100g	
K-Quik	50g	
Sweetener e.g. Sukrin Gold	2g	
Lemon juice	2g	
Vanilla Essence	1g	
Almond milk e.g. Alpro	55g	
Xanthan gum	1g	
Blueberries, chopped	18g	

Method:

1. Strain and wash the skinny rice under cold water and drain.
2. Add **K-Quik**, sweetener, lemon juice, vanilla essence, almond milk and xanthan gum into a thick bottom pan, whisk over a low heat.
3. When the rice pudding is thick and creamy transfer into a bowl.
4. Top with the blueberries 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.**