

# Coconut Ice Cream



4.1:1 ratio

- **Preparation time:** 5 minutes
- **Freezing time:** 3-4 hours
- **Recipe makes** 6 x 96g portions\*

Recipe provides **approximately:**

Nutritional content	1 portion	6 portions	Your recipe
Fat	14.2g	84.9g	
Protein	3g	17.8g	
Carbohydrate	0.5g	3g	
Energy (calories)	141kcal	847kcal	

\*image represents 1 portion



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
K-Flo®	500g	
Coconut milk e.g. Pride	76g	
Liquid sweetener e.g. Hermesetas	To taste	

## Method:

1. Mix the ingredients together in a small bowl.
2. Pour into an ice cream maker and follow manufacturer's instructions.
3. Transfer to a freezer-safe container, cover and place in the freezer.



- Divide the ice cream mixture into individual portions before storing in the freezer.



## Always check with your dietitian what is suitable for you

- Sugar free Da Vinci syrups are good dessert sauces.



K-Flo® 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.