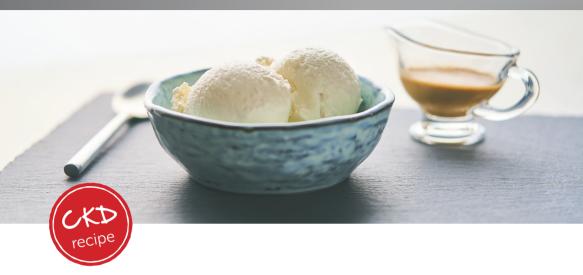
# Coconut le Cream



## 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    |             |

<sup>\*</sup>image represents 1 portion



## Coconut Ice Cream



| 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.

