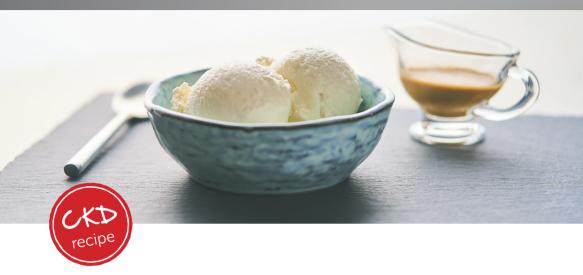
Coconut le Cream



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	

^{*}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.

