

Hot Chocolate



3.9:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	32.3g	
Protein	5.4g	
Carbohydrate	2.8g	
Energy (calories)	324kcal	



Enhancing Lives Together



Hot Chocolate

Ingredients	Quantity	Your recipe
K-Flo®	125g	
Double cream e.g. Morrison's or Tesco	20g	
Low sugar chocolate powder e.g. Cadbury Highlights	4g	
Spray cream, full fat e.g. Tesco	10g	

Method:

1. In a microwave safe mug, mix the **K-Flo®**, cream and low sugar chocolate powder.
2. Place in the microwave, on high heat for 30 seconds, stir and continue heating for a further 30 seconds.
3. Top with the spray cream and serve.

**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.**