

Malted Milk Drink



3.6:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	28.5g	
Protein	6.9g	
Carbohydrate	1g	
Energy (calories)	289kcal	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
K-Flo®	125g	
Double cream e.g. Morrison's or Tesco	20g	
Malted milk powder e.g. Horlicks®	4g	

Method:

1. In a microwave safe mug, mix the **K-Flo®**, cream and malted milk powder.
2. Place in the microwave, on high heat for 30 seconds, stir and continue heating for a further 30 seconds and serve.



Always check with your dietitian what is suitable for you

**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.**

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