

Mixed Berry Fool



4:1 ratio

- **Preparation time:** 10 minutes
- **Chilling time:** 10 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	26.9g	
Protein	3g	
Carbohydrate	3.7g	
Energy (calories)	269kcal	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Raspberries	16g	
Blueberries	10g	
Double cream, whipped e.g. Morrison's or Tesco	25g	
Vanilla custard (see recipe)	74g	

Method:

1. Place the berries in a microwave-safe bowl, heat on high in the microwave for 30 seconds.
2. Using a sieve and spoon, push the fruit through and collect the coulis in a bowl, and allow to cool.
3. In a separate bowl, using a spatula fold in the cream and the vanilla custard.
4. Add the fruit coulis to the custard cream mixture and stir.
5. Chill in the fridge for 10 minutes and serve.



Always check with your dietitian what is suitable for you

- Serve with spray cream.



**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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