Overnight Oats

CKD recipe

3.5:1 ratio

- **Preparation time:** 2 minutes
- **Chilling time:** Overnight
- **Recipe makes** 1 portion

Recipe provides **approximately**:

Nutritional content	Quantity	Your recipe
Fat	38.8g	
Protein	7g	
Carbohydrate	3.9g	
Energy (calories)	393kcal	

Vitaflo™

Enhancing Lives Together

Overnight Oats

Ingredients	Quantity	Your recipe
Ground flaxseed e.g. Linwoods milled flaxseed, sunflower, pumpkin & sesame seeds & goji berries	10g	
Porridge oats e.g. Tesco Scottish Oats	2g	
Chia seeds	5g	
Coconut, toasted flakes e.g. Tesco	5g	
Pecan nuts, chopped	5g	
K·Flo®	65g	
Double cream e.g. Morrison's or Tesco	32g	
Topping		
Blueberries	5g	

Method:

1. In a bowl, mix the dry ingredients together.
2. Add the **K·Flo®** and cream, stir until well mixed.
3. Cover and place in the fridge overnight.
4. To serve, top with blueberries.

Serving Suggestion

Always check with your dietitian what is suitable for you

- Sweeten to taste with Walden Farms Near Zero Maple Flavoured Syrup.

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.

CKD-OO-1120-V3
May 2021