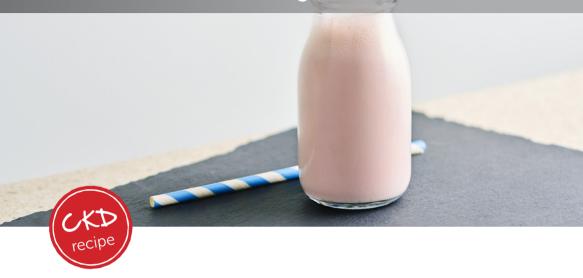
Strawberry Smoothie



3.5:1 ratio

- Preparation time: 5 minutes
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe
Fat	25.1g	
Protein	4.6g	
Carbohydrate	2.5g	
Energy (calories)	254kcal	



Strawberry Smoothie



Ingredients	Quantity	Your recipe
K·Flo®	125g	
Double Cream e.g. Morrison's or Tesco	13g	
Strawberries, fresh	30g	

Method:

1. Put all the ingredients in the blender, blend until smooth and serve.



- For a sweeter flavour use carbohydrate-free sweetener or 1-2 teaspoons of Walden Farms Near Zero Strawberry Flavoured Syrup.
- Use frozen strawberries, if the fruit is out of season.
- For a smoother texture, pour the smoothie through a sieve to remove the seeds.



Always check with your dietitian what is suitable for you

Serve over crushed ice.

