

Blueberry Yoghurt Smoothie



2.5:1 ratio

- **Preparation time:** 5 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	21g	
Protein	4.9g	
Carbohydrate	3.4g	
Energy (calories)	222kcal	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Blueberries, fresh	26g	
K-Flo®	125g	
Double Cream e.g. Morrison's or Tesco	3g	
Greek yoghurt, full fat e.g. Morrison's or Tesco	10g	

Method:

1. Place the blueberries in a microwave safe bowl, and heat on high for 30 seconds.
2. Put all the ingredients in the blender.
3. Blend until smooth and serve.



- For a sweeter flavour use carbohydrate-free sweetener or 1-2 teaspoons of Walden Farms Near Zero Blueberry Flavoured Syrup.
- Use frozen blueberries, if the fruit is out of season.



Always check with your dietitian what is suitable for you

- Serve over crushed ice.



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.