

Hot Chocolate



2.9:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	22.2g	
Protein	5.2g	
Carbohydrate	2.5g	
Energy (calories)	231kcal	



Enhancing Lives Together



Hot Chocolate

Ingredients	Quantity	Your recipe
K-Flo®	125g	
Low sugar chocolate powder e.g. Cadbury Highlights	4g	
Spray cream, full fat e.g. Tesco	10g	

Method:

1. In a microwave safe mug, mix the **K-Flo®** and low sugar chocolate powder.
2. Place in the microwave, on high heat for 30 seconds, stir and continue heating for a further 30 seconds.
3. Top with the spray cream and serve.



**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.**