

Pineapple & Coconut Yoghurt Smoothie



2.6:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	21g	
Protein	4.8g	
Carbohydrate	3.1g	
Energy (calories)	221kcal	



Enhancing Lives Together



Pineapple & Coconut Yoghurt Smoothie

Ingredients	Quantity	Your recipe
K-Flo®	125g	
Greek yoghurt, full fat e.g. Morrison's or Tesco	10g	
Pineapple, fresh, chunks	20g	
Coconut milk e.g. Pride	10g	

Method:

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



- Use frozen or tinned pineapple, check the label as this may alter the carbohydrate amount.



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.