

# Raspberry Yoghurt Smoothie



2.6:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	19.9g	
Protein	5.3g	
Carbohydrate	2.5g	
Energy (calories)	210kcal	



Enhancing Lives Together



# Raspberry Yoghurt Smoothie

Ingredients	Quantity	Your recipe
K-Flo®	125g	
Greek yoghurt, full fat e.g. Morrison's or Tesco	14g	
Raspberries, fresh	30g	

## Method:

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



- For a sweeter flavour use carbohydrate-free sweetener.
- Use frozen raspberries, 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.



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.