

Strawberry Protein Shake



2.2:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	25.9g	
Protein	8.3g	
Carbohydrate	3.8g	
Energy (calories)	282kcal	



Enhancing Lives Together



Strawberry Protein Shake

Ingredients	Quantity	Your recipe
K-Flo®	125g	
Greek yoghurt, full fat e.g. Morrison's or Tesco	14g	
Strawberries, fresh	30g	
Ground flaxseed e.g. Linwoods milled flaxseed, sunflower, pumpkin & sesame seeds & goji berries	10g	
Chia seeds	5g	

Method:

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



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.