

Berry Bircher



2.5:1 ratio

- **Preparation time:** 5 minutes
- **Chill time:** 3 hours
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	32g	
Protein	7.7g	
Carbohydrate	4.7g	
Energy (calories)	338kcal	



Enhancing Lives Together

Berry Bircher



Ingredients	Quantity	Your recipe
Double cream	15g	
Greek yoghurt, full fat	15g	
K·Yo® Berry	50g	
Porridge oats	2g	
Flax, sunflower, pumpkin, sesame and goji mix e.g. Linwoods	5g	
Almonds, flaked & toasted	5g	
Lemon peel, grated	2g	
Orange peel, grated	2g	
Raspberries, thinly sliced	10g	
Desiccated toasted coconut	5g	
Pancake syrup, no sugar e.g. Walden Farms	2g	

Method:

1. In a bowl combine the double cream, yogurt and berry K·Yo® together.
2. Then mix in the oats, seed mix, half the lemon and orange zest, half the toasted coconut and almonds and pancake syrup.
3. Place in a bowl and sprinkle over the rest of the lemon and orange zest, almonds, coconut and sliced raspberries.
4. Place in the fridge and chill for three hours



K·Yo 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.

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