

# Berry Ice Cream



4:1 ratio

- **Preparation time:** 5 minutes
- **Freezing time:** 3-4 hours
- **Recipe makes** 2 x 65g portions\*

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
	per 1 portion	per 2 portions	
Fat	22.6g	45.2g	
Protein	4.2g	8.4g	
Carbohydrate	1.0g	2.0g	
Energy (calories)	224kcal	448kcal	



\*image represents 1 portion

Enhancing Lives Together

# Berry Ice Cream



Ingredients	Quantity	Your recipe
Double cream e.g. Morrison's or Tesco	30g	
K·Yo® Berry	100g	

**Method:**

1. Lightly whip double cream in a small bowl.
2. Add K·Yo® and fold through the whipped cream until well combined.
3. Divide into 2 equal portions, add to freezer-safe containers, cover and place in the freezer for 3-4 hours.



**Always check with your dietitian what is suitable for you**

- Sugar-free Da Vinci syrups are good dessert sauces



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.