

# Berry Yoghurt Smoothie



3.6:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	36.4g	
Protein	5.7g	
Carbohydrate	4.3g	
Energy (calories)	367kcal	



Enhancing Lives Together

# Berry Yoghurt Smoothie



Ingredients	Quantity	Your recipe
K·Yo® Berry	50g	
Greek yoghurt, full fat	10g	
Frozen mixed berries	25g	
Cream, whipping	50g	

## Method:

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