

# Mocha



3.3:1 ratio

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

Recipe provides **approximately:**

| Nutritional content | Quantity | Your recipe |
|---------------------|----------|-------------|
| Fat                 | 36.8g    |             |
| Protein             | 8.9g     |             |
| Carbohydrate        | 2.2g     |             |
| Energy (calories)   | 375kcal  |             |



Enhancing Lives Together

# Mocha



| Ingredients                      | Quantity | Your recipe |
|----------------------------------|----------|-------------|
| K-Yo™ Chocolate                  | 50g      |             |
| K-Flo®                           | 125g     |             |
| Coffee, granules                 | 1 tsp    |             |
| Spray cream, full fat e.g. Tesco | 10g      |             |

## Method:

1. In a microwave-safe bowl, **K-Yo**, **K-Flo** and coffee together.
2. Heat on high for 30 seconds, remove and stir, heat for a further 30 seconds.
3. Pour into mug and top with spray cream, serve.

### Serving Suggestion

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

- Blend with crushed ice to make a refreshing drink in the Summer.



K.Yo and K.Flo are foods 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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