

SMOOTHIE

Recipe developed by
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	Ingredients	Exchanges (use your child's)
Heavy Cream	Works with or without heavy cream added	
Protein	Ripple® Unsweetened Pea Protein Milk	All protein exchanges
Fat	Canola oil	All fat exchanges
Carbohydrate	Apple Juice	All carbohydrate exchanges
Other	Optional: keto-approved artificial sweetener or syrup	

DIRECTIONS

- Calculate the ingredients using your child's individualized meal plan and ketogenic diet manual.
- In a small bowl, add the weighed liquid heavy cream (if using). Pour into the serving glass/container.
- Using the same bowl, weigh the pea protein milk then transfer to the serving glass.
- Using the same bowl, weigh the canola oil then transfer to the serving glass.
- Lastly, weigh the apple juice using the same bowl then transfer to the serving glass.
- Mix with a spoon and serve chilled.

VARIATIONS

- The liquid ingredients are weighed separately as described in the directions section because they are liquids and will immediately mix. For example, if the milk was being weighed in the same bowl with the heavy cream, it would be nearly impossible to remove the milk if you accidentally go over the required weight.
- This recipe can be kept in the refrigerator for 2-3 days in a sealed storage container. Does not freeze well.
- This recipe does not require a blender. If other ingredients are added (such as banana, yogurt, blueberries, etc.) a blender will need to be used for a smooth textured smoothie.
- For a thicker smoothie, yogurt can be used as part of the protein exchanges.
- Other milks can be used such as soy milk, hemp milk, or Hood Calorie Countdown® (refer to KD manual).
- Canola oil is the most neutral tasting oil and therefore should not be substituted for other fats.