



K-Flo is a nutritionally complete ketogenic formula in a 4:1 ratio of fat to carbohydrate and protein. For use in the dietary management of intractable epilepsy and other medical conditions where a ketogenic diet is indicated from 3 years of age.

USE UNDER MEDICAL SUPERVISION.



Enhancing Lives Together
A Nestlé Health Science Company

K-FLO RECIPES

Overnight oats

Prep time 2 minutes | **Chill time** Overnight
Recipe makes 1 serving

INGREDIENTS

1 Tbsp (8 g) ground flax seeds
1 tsp (3 g) oat bran (Bob's Red Mill®)
2 tsp (8 g) chia seeds
2 tsp (6 g) coconut flakes, unsweetened
1 Tbsp (9 g) pecans, chopped
1/3 cup (80 ml or 80 g) K-Flo
2 Tbsp (25 g) 36% heavy cream
1 tsp (3 g) blueberries, chopped

Nutrition Info Per Serving:

Fat 37.2 g | **Protein** 7.6 g | **Net Carbohydrate** 4.5 g | **Calories** 384 kcal
Macronutrient Ratio 3.1:1

DIRECTIONS

- 1 In a bowl, mix dry ingredients together.
- 2 Add K-Flo and cream, mix until smooth.
- 3 Cover and place in the refrigerator overnight.
- 4 Top with blueberries before serving.

Strawberries and cream smoothie

Prep time 2 minutes | **Recipe makes** 1 serving

INGREDIENTS

2 Tbsp (25 g) 36% heavy cream
1/2 cup (120 ml or 120 g) K-Flo
1/4 cup (30 g) strawberries, unsweetened (frozen)

Nutrition Info Per Serving:

Fat 26.7 g | **Protein** 4.7 g | **Net Carbohydrate** 3.2 g | **Calories** 272 kcal
Macronutrient Ratio 3.4:1

DIRECTIONS

- 1 Add all ingredients into the blender.
- 2 Blend until smooth and serve.

Blueberry Greek yogurt smoothie

Prep time 5 minutes | **Recipe makes** 1 serving

INGREDIENTS

1/4 cup (26 g) blueberries (fresh)
1/2 cup (120 ml or 120 g) K-Flo
1 tsp (5 g) Greek yogurt, plain, unsweetened (Fage® Total 5%)
3 Tbsp (38 g) 36% heavy cream

Nutrition Info Per Serving:

Fat 31.7 g | **Protein** 5.5 g | **Net Carbohydrate** 4.8 g | **Calories** 327 kcal
Macronutrient Ratio 3.1:1

DIRECTIONS

- 1 Place blueberries in a microwave safe bowl, heat on high for 30 seconds.
- 2 Add all ingredients into the blender.
- 3 Blend until smooth and serve.



K·Flo™



K·Flo is a nutritionally complete ketogenic formula in a 4:1 ratio of fat to carbohydrate and protein. For use in the dietary management of intractable epilepsy and other medical conditions where a ketogenic diet is indicated from 3 years of age.

USE UNDER MEDICAL SUPERVISION.



Enhancing Lives Together
A Nestlé Health Science Company

K·FLO RECIPES, *CONTINUED*

Moroccan rice pudding

Prep time 15 minutes | Recipe makes 2 servings

INGREDIENTS

1 cup (150 g) carbohydrate-free konjac rice
1/2 cup (120 ml or 120 g) K·Flo
1/4 cup (50 g) 36% heavy cream
1 Tbsp (9 g) pistachios, divided
2 Tbsp (24 g) water
1/2 tsp (1 g) almond extract-pure
Pinch (1 g) ground allspice
Pinch (1 g) cardamon spice
2 Tbsp (16 g) coconut flakes, unsweetened, divided
1 packet (2 g) stevia
1 tsp (3 g) xanthan gum (Bob's Red Mill®)
1 Tbsp (10 g) pomegranate seeds (fresh)

Nutrition Info Per Serving (1/2 recipe):

Fat 25.2 g | **Protein** 4.2 g | **Net Carbohydrate** 3.8 g | **Calories** 259 kcal
Macronutrient Ratio 3.2:1

DIRECTIONS

- 1 Prepare carbohydrate-free rice per package instructions and set aside.
- 2 Add K·Flo, heavy cream, 2 g pistachios, water, almond extract, spices, 2 g coconut, and sweetener into a bowl and whisk together.
- 3 Add rice and xanthan gum, stir until mixture slightly thickens.
- 4 Divide equally into two ramakins.
- 5 Divide the remaining coconut, pistachios and the pomegranate seeds over the top of the two ramakins and chill.

Iced chocolate delight

Prep time 1 minute | Recipe makes 1 serving

INGREDIENTS

1/2 cup (120 ml or 120 g) K·Flo
2 tsp (9 g) 36% heavy cream
1 Tbsp (12 g) sugar-free chocolate syrup (Walden Farms®)
4–6 ice cubes
1/4 cup (10 g) whipped cream, canned, sugar-free

Nutrition Info Per Serving:

Fat 24.1 g | **Protein** 4.6 g | **Net Carbohydrate** 1.4 g | **Calories** 241 kcal
Macronutrient Ratio 4:1

DIRECTIONS

- 1 Add first four ingredients into a blender.
- 2 Blend for 10 seconds.
- 3 Pour in glass and top with whipped cream.

Be sure to check with your healthcare professional before making changes to your diet.

The KetoDietCalculator database was used for the nutrition analysis. These recipes have been specifically designed for use in a ketogenic diet. Please check the nutrition information per serving and the ketogenic diet ratios to ensure the recipe is suitable for your individualized meal plan.

Usage of any brand name is not considered a recommendation or endorsement of Vitaflo. Specific brand names were included for accuracy of the nutrition information. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Be sure to check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

Bob's Red Mill® is a registered trademark of Bob's Red Mill Natural Foods.

FAGE® is a registered trademark of FAGE USA Dairy Industry, Inc.

Walden Farms® is a registered trademark of PANOS Brands, LLC.

Unless otherwise indicated, all trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland or used with permission. © 2022 Nestlé.