

# Peach Iced Tea

**Description:** easy to make drink.

**Ingredients:**

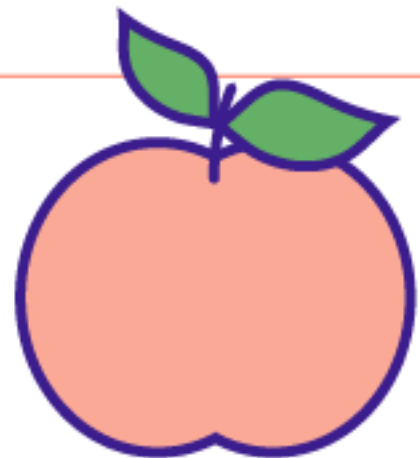
55g peaches, canned in juice, whole contents

13ml MCT Oil

5g tea, herbal, infusion

5g Hoosier Hill farm icing sweetener

3g mint, fresh



**Directions:**

1. Boil ½ pint of water, infuse the tea bag and fresh mint and allow to cool.
2. Blend the peaches, sweetener and MCT oil together.
3. When the tea has cooled, mix everything together and add ice.

**Nutritional information (for entire recipe):**

Carbohydrate: 5.45

Calories: 135

Fat: 12.37

Protein: 0.43

Ratio: 2.1:1



**Disclaimer:**

This recipe is for patients or carers of patients who have been prescribed the KetoCal range by a healthcare professional. The KetoCal range are Foods for Special Medical Purposes, for the dietary management of drug resistant epilepsy, and must be used under medical supervision. Always follow the advice of your Healthcare Professional and ensure you consult them before making any changes to your diet.

 **Young Epilepsy**

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