MISSISSIPPI MUD PIE

- 1g Cocoa powder - BOURNVILLE
- 12g Ground almonds
- 12g MCTprocal™ – VITAFLO
- 5g Butter
- 50g Keyo® – VITAFLO
- 30g Double cream

You will also need 5ml water and 1 – 2 drops of liquid sweetener.

Pre heat oven to 180c / fan 160c / gas 4.
Add cocoa powder, ground almonds, MCTprocal and butter in to a bowl and rub together until you get a crumbly texture.
Add 5ml of water and liquid sweetener; mix with a spatula to form a dough like mixture.
Spray a loose bottom mini flan tin with oil then press the mixture around the tin until evenly distributed. Place a layer of greaseproof paper on top of the mixture and place in oven for 5 – 10 minutes until crispy.
Once crispy remove from oven and leave to cool.
Once the based has cooled spread Keyo evenly around the pastry base.
Lightly whip the double cream then either spread or pipe over the top of the Keyo.

MCTprocal is a food for special medical purposes and must be used under medical supervision.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION