MO’s CHOC MINT ICE CREAM

- 100g Double cream – MORRISONS
- .2g Dark chocolate 72% – MORRISONS

You will also need some peppermint flavouring (MORRISONS natural flavourings are really good), a squirt of liquid sweetener and green food colouring.

Grate the chocolate, stir in to the cream with the flavouring, sweetener and a drop of green colouring.
Place in the Chillfactor, shake and squeeze.

Mo’s tip: You can freeze this in to smaller moulds and keep in the freezer for a quick treat.

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