MO’s RECIPE:

MO’s ICE CREAM

- 100g Double cream – MORRISONS
- 0.5g Cocoa – BOURNVILLE **

You will also need a good squirt of liquid sweetener.

Start by dissolving the cocoa in a tiny amount of hot water then stir in the sweetener. When it is cold mix in to the cream and place in the Chillfactor, shake and squeeze.

** It is difficult using only ½ g, if you weigh 1 g then halve it, it will be much easier. Of course if you have the carb allowance to play with, a gram would make it chocolatier!

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