BAKED EGG CUSTARD

- 20g Eggs
- 42g Double cream - MORRISONS
- 13g ALPRO light
- 4g Butter
- 9g Best of Both bread - HOVIS
- 7g Spreadable butter – COUNTRY LIFE

You will also need a few drops of liquid sweetener.

Pre heat oven to 160c / fan 140c / gas 3.
Thickly grease a ramekin dish with the 4g of butter.
Beat together the egg, cream, Alpro and a few drops of liquid sweetener.
Put in to the ramekin dish.
Place the ramekin dish in to another ovenproof dish and fill with HOT water to come halfway up the ramekin.
Bake for approximately 30 minutes until set.
Serve with the bread and butter, spread with Country Life.

Mo’s tip: This custard can be served warm or cold and will keep for 2 days in the fridge.

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