MO’s RECIPE
3:1 RATIO

MO’s CHOCOLATE FUDGE

- 9g Coconut virgin oil – BIONA ORGANIC
- 17g Double cream - MORRISONS
- 6g Cocoa - BOURNVILLE
- 12g Dark chocolate – MORRISONS 72%

You will also need some liquid sweetener and some flavouring i.e. vanilla, coffee or orange.

Melt the chocolate and coconut oil in a basin over hot water, stir in the cocoa until well mixed.
Add some liquid sweetener and your preferred flavouring.
Stir the cream into the chocolate mix.
Place in little moulds to set – I made 5.
Turn out when set.
These are best kept in the fridge.

Mo’s tip: You can make these any size you prefer, but making 5 pieces each one gives 1g carb so it is easy to calculate as a treat. I can recommend Waitrose orange extract – it is very natural.

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