CHOCOLATE WITCHES HATS

- 20g Double cream - MORRISONS
- 15g Pecan nuts shelled – MORRISONS
- 5g Butter
- 16g Eggs
- 6g Coconut powder – EAST END of TRS
- 5g Dark cake covering chocolate - MORRISONS

You will also need a good squirt of liquid sweetener and a few drops of flavouring extract.

Pre-heat oven 180c / gas 5
Reserve 12g of the cream.
Grind the pecans to a paste in a coffee grinder.
Melt the butter and chocolate together for 30 seconds in a microwave.
Mix everything together well including 8g of cream, sweetener and flavouring.
Bake in 2 moulds in a preheated oven for approximately 15 minutes.
Cool in the mould for 3-5 minutes, turn out and allow to cool further.
Serve with the remaining cream, which can be whipped and used as decoration.

Mo’s tip: I brushed the hats with a tiny bit of cake decorating dust – Morrisons are selling a nice sparkly one at the moment. The ghost is just a piece of banana covered in cream & coconut powder, more for effect than anything but it is edible. The other ‘props’ are made from pieces of vegetables approx 15g each of green pepper, cauliflower, cucumber, radish, carrot & tomato.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

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