CHRISTMAS TRUFFLES SNACK

(PUDDING OR SNACK PRESCRIPTION AMOUNT)

- 2g Dark cake covering chocolate - MORRISONS
- 6g Cocoa powder - CADBURY'S BOURNVILLE
- 25g Double cream - MORRISONS extra thick
- 2g Butter

You will also need a few drops of flavouring extracts e.g. rum or brandy if appropriate or vanilla.

Grate the chocolate finely.
Put the cream, butter & 5g of cocoa in a saucepan and bring to simmering.
Remove from the heat and beat in the chocolate and flavouring.
Pour into a dish and leave in the fridge overnight.
Next day form into small balls dusting with the remaining cocoa. Put into little paper cases.
Keep refrigerated.

Mos’ tip: Use a teaspoon to shape if you find it a bit messy but rolling in the cocoa is easiest.

A few drops of liquid sweetener can be added to the cream mix with the flavouring.

Easy to batch up and use throughout the Xmas period. Best eaten within 3 days but they do freeze well.

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