Christmas Pudding with ketocuisine

- 18g Keto Cuisine
- 7g Suet, vegetable
- 18g Eggs, chicken, whole, raw
- 10g Pecan nuts – MORRISONS
- 1g Butter
- 7g Blueberries
- 7g Cream, fresh, double

You will also need a few drops of Liquid Seetener, 1/8 teasp Barkat Baking powder and a good pinch of Cinnamon or mixed spice.

First grind the pecan nuts as fine as possible (almost to a paste).
Cut each blueberry into 4 pieces.
Use the butter to grease the pudding basin.
Beat the egg and stir in ALL the other ingredients.
Put into the greased basin cover loosely with cling film.
cook in the Microwave for 1 min on High or steam for over simmering water for 20mins.
Serve with the cream poured on or whipped and swirled on top.

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