FRUIT MERINGUE

(PUDDING OR SNACK PRESCRIPTION AMOUNT)

- 12g Coconut - desiccated
- 39g Cream - clotted
- 25g Egg white
- 50g Raspberries
- Few drops liquid sweetener
- Pinch of cream of tartar

Whisk the egg white with the cream of tartar until stiff.

Gently fold in the coconut and the sweetener.

Place in a nest shape on a silicone baking sheet or baking parchment lined tray.

Bake in a cool oven 150c / 130c fan / gas 2 until set & crisp - approximately 30 minutes.

When cold serve with the cream & raspberries.

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