FRUITY YOGHURT

- 58g Yoghurt – plain greek style
- 16g Double cream
- 20g oil
- 22g Blackberries
- 5mls Crusha OR DaVinci strawberry syrup
- Few drops liquid sweetener (optional)

Mix together the yoghurt, cream, 10g of the oil and 5ml of either Crusha or DaVinci strawberry syrup.
Put into serving bowl.
Chop up the blackberries and mix with remaining 10g of oil.
Add a few drops of sweetener if wanted.
Top the yoghurt with the fruit mix or if preferred layer the fruit with the yougurt.

Makes a good breakfast or supper.

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