SNACK OR SIDE DISH

MELON GARDEN

- 19g Watermelon
- 18g Cantaloupe type melon
- 10g Honeydew melon
- 32g Double cream – MORRISONS EXTRA THICK

Follow the instructions on the box.
Use a piece of watermelon skin to form the base to hold the cocktail sticks.
Serve with the cream as a dip.

If you have more allowance than the classical you could have fun with this as shown on the box!!

Mo’s tip: I found that cutting the melon a little thicker, then cutting through the middle to make 2 x stars etc. was easier than trying to get thinner slices to shape from. (It doesn’t work so well with the watermelon though, they needed to be a bit thicker as it is a coarser texture)

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

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