SNOWBALLS

(PUDDING OR SNACK PRESCRIPTION AMOUNT)

- 16g Double cream
- 6g Desicated coconut
- 1g Cranberries - WHITWORTHS
- 20g Cream chese – PHILADELPHIA full fat

You will also need a few drops of liquid sweetener.

Whisk the cream until thick, beat in the Philadelphia and sweetener. 
Stir in the chopped cranberries and chill for 30 minutes.
Form in to balls and roll in the desiccated coconut.
Open freeze for at least one hour before serving.

Mo’s tip: These can be stored in a container in the freezer. If they are kept in the freezer for more that 2 hours, leave at room temperature for 20 minutes before serving.

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

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