STRAWBERRY ICECREAM

- 39g Double cream
- 29g Strawberries
- 31g Mascarpone - MORRISONS
- 11g Eggs

You will also need a teaspoon of Crusha strawberry syrup or DaVinci syrup.

First you will need to cook the egg. Put in a bowl over a saucepan of simmering water with half the cream.
Stir until the mixture is hot and the egg is cooked. Be careful not to have the bowl touching the water or you may scramble the egg!
Leave to cool.
Whip the remaining cream until just thick – NOT STIFF.
Make a puree with the strawberries and mix in the syrup. You can sieve if you prefer not to have the pips in.
Gently stir together the mascarpone and whipped cream.
Stir in the egg mix and the puree.
Freeze.

Adapted from our patron Fay Ripley’s cookery book - Fay's Family Food.

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