TRIFLE with added fibre

(PUDDING OR SNACK PRESCRIPTION AMOUNT)

- 12g Mandarin oranges canned in juice - PRINCES
- 7g Flaxseed milled - LINWOODS
- 27g Double cream

You will also need 2g of HARTLEY'S orange jelly crystals dissolved in 70mls of hot water.

Start by soaking the flaxseed for as long as possible, overnight is best.
Chop the drained mandarins before weighing.
Make up the jelly and once cooled stir in the flaxseed and mandarins.
Put in to a dish to set.
Whip cream and top the jelly. You could reserve one of the mandarin segments for decoration.

Mo’s tip: This is a nice snack that helps get fibre in to the diet when it is needed.

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