BAKED CHEESECAKE

- 30g Brazil nuts
- 5g Butter
- 80g Cream cheese
- 20g KetoCal
- 1 x Egg

You will also a few drops of liquid Hermesetas for the base and ½ teaspoon liquid Hermesetas for the filling.

Pre heat oven to 150c / gas 2.
Blitz the Brazil nuts, mix with melted butter and a few drops of liquid Hermesetas.
Split between two lined 3½" rings.
Mix cream cheese, KetoCal, egg and ½ teaspoon Hermesetas together.
Pour onto the base and bake in pre heated oven for 15 minutes.

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