ICE CREAM CONES

- 24g Almond flour flurry – HOLLAND & BARRETT
- 37g Egg white
- 10g Butter

You will also need 10g NATVIA, a pinch of salt, a few drops of vanilla extract and ½ teaspoon of psyllium husks.

Melt the butter and mix in the Natvia.
Beat in ALL other ingredients to form a batter.
Heat a non stick pan.
Place 1 tablespoon of the batter in to the pan, spread with the back of the spoon to a fairly thin circle.
Place on a non stick surface and whilst it is still hot roll it round a cone shaper (I used a cream horn tin).
Leave to cool with the overlap edges down, then slide the shaper out.
They will firm up after several minutes but will not be as crisp as a normal cone, they become firmer the longer they are left.

**Mo’s tip:** You can wrap it around anything that tapers to a point; it needs to be at least 4” round at the top tapering down to almost nothing to get the pointy end. It is best to shape when the mixture is still warm from the pan as it moulds easily, whatever is used to shape leave in place and do not remove until cold. I stored in a plastic container and found they kept the firmness and shape.

I made 4 which gives: 5.8g fat / 2.1g protein / 0.4g CHO

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