ROCKY ROAD

- 2g Puffed rice - KALLO
- 9g Dark chocolate – MORRISONS 72%
- 22g Cacao butter – SEVENHILLS ORGANIC
- 8g Golden omega milled flaxseed – VIRGINIA HARVEST
- 1g Marshmallows – WAITROSE MINI
- 7g Brazil nuts
- 6g Coconut virgin oil – BIONA ORGANIC

Chop the nuts (not too finely).
Cut the marshmallow into 8 equal pieces.
Melt the cacao and coconut oil in a basin over hot water.
Stir in the flaxseed, nuts and puffed rice.
Put 2 pieces of marshmallow in the base of 4 mini silicone moulds.
Divide the chocolate, mix equally between the moulds, smooth over and refrigerate to set.
This makes 4 Rocky Roads.

Mo’s tip: I used coconut oil instead of cream because it sets so well. I have not used any sweetener but you could add a few drops if you want them sweeter.

Each Rocky Road is: 10g fat / 0.8g protein / 1.4g 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

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