MOUSSE / MILKSHAKE (MAKES 7)

- 11g diet jelly (1 packet, Weightwatchers)
- 245g whipped cream

**Mousse**

Make up 1 packet of jelly with 500 mls water as per packet directions
Refrigerate for 30-45 mins (until cold, not set)
Whip cream and add in cooled jelly mixture (‘fluffier’ if mixed in using a beater rather than a spoon)
Divide evenly into 7 containers and set for at least 2 hours.

Keeps well in refrigerator for 2-3 days.

**Milkshake**

Follow instructions as above for mousse but pour in a glass and drink before the jelly sets. The jelly/cream mixture is liquid when first whipped, but will start setting after about 15 mins.

If making an individual mousse or milkshake, weigh out 1.6g of jelly powder and mix with 70 mls of water as per packet instructions then mix with 35g whipped cream.

**Dividing full mixture by 7, each mousse or milkshake: Prt: 0.9g, Fat: 13.0g, Cho: 1.05g, 125 Kcal.**

*6.8:1 ketogenic ratio with no other meal items added. If using a single serve in a meal with other foods included, enter nutritional values as above, using amount ‘100’ in meal planner. (if using 2 servings enter ‘200’ etc)

Pictures show a raspberry flavoured mousse and an orange flavoured milkshake.

Other ingredients (raspberries, boysenberries, additional cream for garnishing, grated chocolate etc), can be added but meal plan recalculation will be required.

This recipe needs to be adapted to EACH INDIVIDUAL’S prescription. Please take this recipe to your dietitian and he / she will help you do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION