BOYSENBERRY OR RASPBERRY YOGHURT

- 80g De Winkel All Natural Plain Unsweetened yoghurt
- 10g boysenberries or raspberries
- 10g sweetener (Nativa / Truvia granulated)

Defrost berries if using frozen.
Mix berries and sweetener into the yoghurt and chill in refrigerator
Increase or decrease sweetener and berries to taste.

NB: De Winkel yoghurt is quite a runny consistency. Adding 15g of whipped cream will make the mixture a bit firmer, and will increase fat content.

Boysenberry yoghurt without cream added: Prt: 4.59g, Fat: 1.19g, Cho: 1.3g, 35 Kcal
Boysenberry yoghurt with cream added: Prt: 4.95g, Fat: 6.79g, Cho: 1.81g, 88 Kcal

Raspberry yoghurt without cream added: Prt: 4.60g, Fat: 1.16g, Cho: 1.24g, 34 Kcal
Raspberry yoghurt with cream added: Prt: 4.96g, Fat: 6.76g, Cho: 1.69g, 87 Kcal

*If using an 80g serving in a ketogenic meal with other foods included, enter nutritional values as above, using ‘100’ in amount column in meal planner. (if using 2 servings, ie 160g, enter ‘200’ etc)

If making more than one serving to batch, multiply ingredients accordingly and divide evenly into containers.
The yoghurt without cream added will keep for up to 7 days, the yoghurt with cream added will keep for 2 - 3 days.

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

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