YORKSHIRE PUDDINGS (MAKES 4)

- 22g Soya Milk (Macro organic)
- 5g Rice flour (Fresh Life)
- 26g Egg
- 20g Olive oil
- 2g Cream cheese (Philadelphia)
- Pinch salt

Divide the oil between 4 muffin tins or Yorkshire pudding moulds and place in oven 180c / 160c fan / gas 4
Combine remaining ingredients with a pinch of salt to make a smooth batter
Pour onto the hot oil and cook for approximately 15 minutes
Leave in the moulds to absorb the oil.

*Makes 4 Yorkshire puddings, they can be frozen.

Each Yorkshire pudding: Prt: 1.1g, Fat: 6.1g, Cho: 1.24g, 64 Kcal.
*2.61:1 ketogenic ratio with no other meal items added. If using one Yorkshire pudding in a meal with other foods included, enter nutritional values as above, using ‘100’ in the meal planner amount column. (if using 2 puddings enter ‘200’ etc)

If substituting different brands, recalculation may 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

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