CUSTARD SAUCE

- 41g Egg yolk
- 13g Double cream
- 150g Alpro light

You will also need liquid sweetener and vanilla extract.

Mix the Alpro and cream.
Gently bring to the boil and pour on to the beaten egg yolk.
Return to the pan.
Bring to a gentle simmer and cook for 2 minutes, it will thicken a little as it cooks.
Sweeten to taste with liquid sweetener and vanilla extract.

Mo’s tip: This is not a thick custard but it is tasty!

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

MKD
0.35 g CHO

Kcal: 226
20.54 g fat
9.82 g protein
0.35 g CHO