EASTER NESTS

- 40g Egg white
- 50g Double cream - MORRISONS
- 14g Cacao dark supreme – LINDT 90%
- 10g Cacao butter – SEVENHILLS ORGANICS
- 30g SUKRIN or NATVIA icing

You will also need a pinch of cream of tartar, a tiny pinch of salt and some flavouring (optional).

Pre heat oven to 130c / fan 110c / gas 2
Melt the chocolate and cacao together, add a few drops of liquid sweetener and some flavouring if liked (I used orange extract).
Divide in to little moulds, eggs and chicks are good, and leave to set.
Reserve the cream.
Whisk the egg whites with the icing, cream of tartar and salt, whisk until stiff.
Place in 6 equal sized nest shapes on a baking tray lined with non stick parchment.
Place in a pre heated oven and cook for 40 minutes, turn off the oven and leave to go completely cold IN THE OVEN. If you can leave them over night all the better!!
The meringues will be very dry and crunchy. When ready to serve decorate with the whipped cream and the chocolate eggs and chicks.

Mo’s tip: You can use fruit in place of the chocolate if preferred; just check the values as always!

Make sure you divide the chocolate and cream equally each one will then give you: 7.1g fat / 1g protein / 0.5g 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