CUSTARD WITH CREAM & FRUIT

- 30g Egg yolk
- 1.5g Cornflour
- 142g Double cream - TESCO
- 390g Strawberries

You will also need ½ teaspoon of liquid sweetener and 1 teaspoon of vanilla extract.

Gently heat the cream with the sweetener, stirring occasionally, to just below simmering. Whisk the cornflour into the egg yolks with the vanilla using a small balloon whisk. Continue whisking whilst pouring on the hot cream, return it to the pan, continue heating and whisking until thick and smooth. Cover the surface with cling film, this stops a skin forming.

When cold / cool, serve with the fruit either whole or pureed.

This makes 9 small portions giving: 9g fat / 1g protein / 3g CHO

Mo's tip: The carb can be reduced by having less fruit or by making a thinner custard by using only 1g cornflour.

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