RHUBARB FOOL

- 110g Rhubarb
- 40g Double Cream - MORRISONS
- 26g Mascarpone - MORRISONS
- 4g Toasted almond flaked - MORRISONS

You will also need liquid sweetener

Cut the rhubarb in to even pieces and stew with 25mls of water until well cooked and forms a thick pulp. Sweeten to taste with some liquid sweetener, leave to go cold. Mix together the mascarpone and cream, it will thicken as you beat it smooth. Stir in the cold rhubarb. Place in a serving dish and sprinkle with flaked almonds.

Mo’s tip: A little ginger powder in the rhubarb when cooking gives a nice flavour.

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.