CLASSICAL 3.94:1 RATIO

ROAST LAMB DINNER & DESSERT

- 10g Roast leg of lamb
- 15g Vegetable oil – MORRISONS
- 13g Carrots boiled in unsalted water
- 10g Frozen green or French beans boiled in unsalted water
- 10g Broccoli boiled in unsalted water
- 36g Celeriac boiled in unsalted water
- 12g Blueberries - MORRISONS
- 25g Clotted cream - TESCOs

You will also need a little KNORR ‘Touch of Taste’ or if you prefer stock cube to make the gravy.

Heat the oil in an ovenproof dish, add the celeriac and roast until brown.
Keep warm while you make the gravy by adding a little water and Knorr to the residue oil, stir in ½ teaspoon of the clotted cream, this makes quite a nice gravy.
Serve with the lamb and vegetables.
For dessert serve the blueberries with the remaining cream.

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