FRUIT FLAN

- 9g Butter
- 2g Plain flour – McDougalls
- 15g Strawberries
- 31g Double cream
- 14g Almond flour flurry – Holland & Barrett
- 2g Sugar free jelly crystals
- 6g Granulated sweetener – Sukrin or Natvia

Preheat oven to 170c / fan 150c / gas 4.
Dissolve the jelly crystals in 50mls of hot water.
To make the pastry cases, soften the butter and beat in the Natvia / Sukrin, then mix in the flour and almond flurry to form a dough.
Divide between two loose bottomed flan tins, approximately 3 inch.
Press in to the bottom and up the sides as evenly as possible.
Place on a baking tray and bake in preheated oven for approximately 10 – 12 minutes until firm and golden.
Leave to cool, when they are cold remove from tin and add the filling.
Whip the cream until just thickened and spread over the base of the flan.
Slice the strawberries and arrange on top, then spoon over the set jelly – I tried this unset but it didn’t work very well so it is best to set it first.
Leave in the fridge.

Mo’s tip: It is easy to batch the cases and then you can change the filing. If you don’t want the jelly they are just as nice with fruit and cream.

This makes two snacks or desserts – each one has less than 2g CHO

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.
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