PHILLY PINE NUT ELLA

- 30g Full fat soft cheese - PHILADELPHIA
- 65g Pine nuts – kernel only
- 80g Mozzarella cheese - fresh

Pre heat oven to 190c / fan 170c / gas 5.
Melt the cheeses together in a microwave for 60 seconds, stir in the pine nuts and spread on to a lined baking tray.
Bake for approximately 10 minutes in a pre heated oven until the edges are just browning.
Leave to cool then place in the fridge for at least an hour.
Weigh it then divide into portions, you can then find the value of each piece by its weight.

Mo's tip: You could add a little sweetener to the mixture if desired.
If you prefer not to use a microwave, you can melt in a small saucepan

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