BLUEBERRY MOUSSE

- 72g Blueberries
- 122g Double cream
- 3g Gelatine leaf – DR OETKER SELECT PREMIUM GRADE
- 15g Sweetener

You will also need 10mls of boiling water.

Start by making a puree of the blueberries, I did this by placing them in a polythene jug with the sweetener and then blitzed with a hand held stick blender. Soak the gelatine leaves in a little cold water for approximately 5 minutes. Drain them and squeeze out the excess water, put back in to the dish and add 10mls of boiling water, stir until the gelatine has completely dissolved, set to one side to cool. Whip the cream until just thickened, do not over whip!! Stir the gelatine in to the puree, followed by the whipped cream. Place in to two moulds of your choice..

Mo’s tip: I found Sukrin Meltis Icing to be the best sweetener, but any other granulated or powder sweetener will do, but you may need to adjust the amount as sweetness can vary.

This makes 2 portion, the spare one will keep for up to 4 days in the fridge, or you can freeze it. It could be served semi frozen as an ice cream.

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