ICE LOLLIES

- 200g Orange juice – MORRISONS 100% SMOOTH JUICE
- 30g Double cream

You will also need enough water to make this up to 330mls and 15g of granulated sweetener – I used SUKRIN ICING as it dissolves quickly.

Mix the water, orange juice and sweetener until the sweetener is dissolved.
Divide half of the mixture in to 12 x 30ml lolly moulds and freeze.
Stir the cream in to the remaining half and keep in the fridge.
When the first half is just frozen top with the creamy mix, then you can add the lolly sticks, or if like my moulds the ‘stick’ is part of the lid just put that into place, then return to the freezer and freeze overnight.

Mo’s tip: I found that a traditional shape lolly mould is much easier to unmould! Within one or two minutes, these lollies are easy to eat (not as hard as some!)

Each lolly will give: 1.2g fat / 0.1g protein / 1.5g 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