APPLE SNOW

- 35g Double cream
- 41g Cooking apples – peeled

You will also need a little water and sweetener of your choice.

Cook the apple in a little water – I used 10mls.
Cook until it reaches a pulp.
Add sweetener of your choice to taste.
Mash or blend, and if necessary sieve it.
Whisk the cream until thickened, but not too stiff.
Fold the apple puree into the cream

Mo’s tip: You could add flavourings in form of an extract if desired.

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