CHRISTMAS PUDDING

- 20g Coconut powder – EAST END or TRS
- 11g Double cream - MORRISONS
- 16g Eggs
- 8g Shelled pecan nuts - MORRISONS
- 2g Raisins
- 8g shredded suet - ATORA

You will also need 1/8 teaspoon of BARKAT baking powder, 1/8 teaspoon mixed spice, 15mls of Alpro light (or water) and 10g SUKRIN GOLD sweetener.

Reserve the cream for serving.
Grind the pecan nuts until fine, chop the raisins in to small pieces (snip with scissors).
Combine ALL ingredients with the beaten egg and 15mls Alpro light or water.
Place in a lightly oiled pudding basin and steam for at least 20 minutes.
Serve with the cream.

Mo’s tip: You can make this as two smaller puddings and serve as a snack or dessert. I used SUKRIN GOLD because it gives a lovely flavour and texture, but you can use any granular sweetener of your choice.
If you have a suitable bowl, you can cook in the microwave on high for 1 – 2 minutes. Check after 1 minute.

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