SALTED CARAMEL ICE CREAM

- 70g Double cream
- 50g Almond milk - ALPRO
- 20g SUKRIN gold
- 10g Sunflower oil
- 12g ZERO salted caramel syrup - www.cardiffsportsnutrition.co.uk/yummy-and-fit

Start by heating the Alpro and Sukrin gold in a small pan and simmer for a few minutes until it reduces and becomes syrupy.

Add the Zero salted caramel syrup and oil.

Leave to go cold.

Whisk the double cream until it starts to thicken then add the Sukrin syrup and continue whisking until thick and fluffy.

Place in plastic container’s suitable for freezing

Before serving leave in the fridge for approximately 15 minutes to soften a little.

Mo's tip: This recipe makes two good helpings.

Divide in to two portions before freezing, this will make life a lot easier when you need to serve it.

Freeze for at least 8 hours. It will keep in the freezer for up to 3 months.

If needed you can replace the sunflower oil with MCT oil.

ZERO syrups come in 4 flavours : banana, strawberry, hazelnut and chocolate and salted caramel, you can use any of these in this recipe.

Makes two good high fat desserts / snacks each portion gives : 23g fat / 1.1g protein / 0.7g 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