**KETO CREME EGG**

- 117g Mascarpone - MORRISONS
- 32g Cocoa dark supreme – LINDT 90%

You will also need 3 x 6cm egg moulds, a few drops of liquid sweetener and yellow food colouring.

Put the chocolate in a bowl and place it over water in a small pan – do not let the bowl touch the water.

Heat on a stove, as soon as the water has started to simmer, remove from the heat and leave the chocolate over the water until it is melted.

Add a few drops of the liquid sweetener.

Use the melted chocolate to coat the egg moulds, you will need to apply it in 3 coats, leaving in the fridge for 5 – 10 minutes to set between each layer. Applying the layers is fiddly but your patience will be rewarded. It is easier with a brush, but you will need to use some extra chocolate as some will get left in the brush – each egg will take 10g.

**Filling:** The mascarpone I used was thick enough to use straight from the tub, if yours is not you may need to beat it a little. Place 39g of it in a separate bowl and some yellow food colouring.

When the chocolate shells are set, divide the white mascarpone between the shell halves (13g in each half), make a dip in the centre and add the yellow mascarpone to form the yolk, level the top.

Return to the fridge for 10 minutes.

Unmould, put the 2 halves together, you will need a little warm chocolate to seal the edges so keep any you have left in the bowl, if it has set just heat the water again.

**Mo’s tip:** I made a wrapper using the silver paper from the Lindt chocolate, but you could re-use any wrappers you may have from the regular creme eggs.

**Each egg will have:** 21.5g fat / 3g protein / 3.3g CHO

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**