

**CLASSICAL
5.00:1 RATIO**



20.35 g fat
1.70 g protein
2.38 g CHO
Kcal: 199

FAT BOMB CHRISTMAS TREES



- 17g Cocoa dark supreme – LINDT 90%
- 11g Cacao butter – SEVENHILLS ORGANICS

You will also need approximately 2mls of liquid sweetener (to taste) and a few drops of flavouring, orange extract is nice.

Melt the Lindt and cacao butter together.

Stir in the sweetener and flavouring extract.

Pour into moulds of your choice and set in the fridge.

Mo's tip: They are best stored in the fridge, but they do stay firm for quite a while at room temperature as long as it is not too warm!!
I purchased the moulds from Amazon.
I used a little silver food spray to finish them off and used Dr Oetker's brand from Morrisons (which is also available at other supermarkets).
You will need to calculate the values according to the number you make.

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