BLUEBERRY MOUSSE

- 72g Blueberries
- 122g Double cream – MORRISONS
- 3g Gelatine leaf – DR OETKER SELECT PREMIUM GRADE

You will also need a 15g of sweetener, I found SUKRIN MELTIS ICING to be the best, but any other granular or powder sweetener will do, however you may need to adjust the amount as sweeteners can vary.

Start by making a puree of the blueberries, I did this by placing them in a polythene jug with the sweetener and then blitzed with a handheld stick blender.

Soak the gelatine leaves in a little cold water for approximately 5 minutes, drain and squeeze out excess water.

Put back into the dish and add 10mls of boiling water, stir until the gelatine has completely dissolved, set aside to cool.

Whip the cream until just thickened, do not over whip!!

Stir the gelatine into the puree followed by the whipped cream.

Place into two moulds of your choice.

Mo’s tip: This makes 2 portions, the spare one will keep for up to 4 days in the fridge or you can freeze it.

It could be served semi frozen as an ice cream.

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

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