CARAMEL MERINGUES

- 38g Egg whites
- 19g Blueberries - MORRISONS
- 60g Double cream – MORRISONS
- 30g Icing - NATVIA or SUKRIN

You will also need a few drops of vanilla extract, ¼ teaspoon of cream of tartar, a tiny pinch of salt and some purple food colouring.

Pre heat oven to 140c / fan 120c / gas 3.
Reserve the cream and blueberries.
Mix the cream of tartar and salt with the icing, then WHISK together with the egg white until stiff.
Place on non stick parchment on a baking tray in small nests, I made 5.
Cook for approximately 40 minutes until they have turned golden brown, turn off the oven and leave them there until absolutely cold – overnight is good if you can!
Whip the cream with some purple food colouring and divide between each nest, 12g for each one.
Make purple eggs with the blueberries, cut them in half and divide equally.

**Mo’s tip:** These meringues are crunchy right through and have a slight caramel flavour, if you prefer them to remain almost white then set the oven to 130c / fan 110c / gas 2, either way they are lovely.
The meringues without cream will keep in a plastic container for at least 10 days.
They are useful as dessert or a treat.

*If you make 5 meringues, each one will have: 6.0g fat / 1.0g 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**