NUT FREE MINI EASTER EGGS

- 25g Coconut oil
- 50g Chocolate – LINDT 85% DARK
- 25g Desiccated coconut
- 5g Double cream

You will also need a few drops of vanilla extract and 3g of NATVIA or TRUVIA granulated sweetener.

Melt the coconut oil and mix in the desiccated coconut, granulated sweetener, cream and vanilla. Divide the mixture into the moulds but only half fill the cavity, then place them in the fridge to set. If you are in a hurry, put them in the freezer for about 30 minutes.

Make the chocolate coating by melting the Lindt chocolate in a bowl placed over a pan of hot water, do not let the bowl touch the water and do not let it get too hot. When it has melted remove the bowl from the pan and stir gently, at this point you could add a few drops of sweetener if desired.

When the chocolate is ready, remove the coconut filling from the moulds and divide the chocolate coating into the moulds, again half fill each one then press the filling into the chocolate making sure you cover it completely, when all coated return to the fridge.

When they are completely set unmould then spray with a little edible glitter, or just leave as they are.

Mo’s tip: They are best kept in the fridge but will be OK at room temperature for a while as long as they don’t get too warm.

This mixture should make at least 15 mini eggs depending on the size of the mould.

To get the values for each egg, divide the total values by the number of eggs you have made.

I made 15 eggs, each one gives: 4.4g fat / 0.5g 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