

Chocolate Pudding



2.5:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 2 portions

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe	
	per 1 portion	per 2 portions		
Fat	27.3g	19.8g LCT	54.6g	39.6g LCT
		7.5g MCT		15g MCT
Protein	6.8g	13.5g		
Carbohydrate	4g	7.9g		
Energy (calories)	289kcal	577kcal		



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Ingredients	Quantity	Your recipe
Butter	12g	
Sweetener, granulated e.g. Sukrin® Gold	8g	
MCTprocal®	24g	
Ground almonds	24g	
Chocolate powder e.g. Dr Oetker Fine Dark Cocoa Powder	1g	
Carbohydrate-free baking powder e.g. Barkat	2g	
Egg, beaten	10g	
K·Yo™ Chocolate	50g	
Water	20g	

Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.
2. Mix butter and sweetener in a bowl until a smooth paste is formed.
3. Add **MCTprocal®**, ground almonds, chocolate powder and carbohydrate-free baking powder, mix until combined.
4. Stir in water, **K·Yo™** and egg, mix until smooth.
5. Divide the mixture between two 8 cm diameter ramekin moulds.
6. Place the ramekins on a baking sheet and cook in the oven for 8 mins, the middle should be soft and gooey.



Always check with your dietitian what is suitable for you

- Serve with custard (see recipe) or cream

K·Yo™ and MCTprocal® are foods for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information.