

Lemon Parfait



3.1:1 ratio

- **Preparation time:** 20 minutes
- **Chilling time:** 2 hours
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	26.8g	
Protein	5.5g	
Carbohydrate	2.9g	
Energy (calories)	275kcal	



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Ingredients	Quantity	Your recipe
Gelatine	2g (1 leaf)	
Almond milk e.g. Almond breeze/ Alpro	25g	
Double cream e.g. Morrisons/ Tesco	27g	
Cream cheese, full fat e.g. Philadelphia	60g	
Lemon zest	Zest of 1 lemon	
Liquid sweetener e.g. Hermesetas	to taste	

Method:

1. Submerge the gelatine leaf in cold water for approximately 5 minutes until softened, squeeze water out of gelatine leaf.
2. Put a small saucepan on a medium heat, add all ingredients and gelatine into the pan. Whisk until a thick smooth mixture has formed (do not boil).
3. Pour the mixture into a small serving dish/mould.
4. Leave to set in the fridge for approximately 2 hours.



Always check with your dietitian what is suitable for you

- Use lime or orange zest for a different citrus flavour.
- Make a biscuit base with savoury or sweet flaxseed biscuits (see recipe).

**This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**