

Chocolate Eton Mess



3:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 90 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

| Nutritional content | Quantity | Your recipe |
|---------------------|----------|-------------|
| Fat | 29.7g | |
| Protein | 7.6g | |
| Carbohydrate | 2.4g | |
| Energy (calories) | 307kcal | |



Chocolate Eton Mess



| Ingredients | Quantity | Your recipe |
|--|----------|-------------|
| Meringue | | |
| Egg, whites only | 20g | |
| Sugar-free icing sugar e.g. Sukrin® Melis icing sugar | 20g | |
| Filling | | |
| K·Yo™ Chocolate | 60g | |
| Double cream, whipped e.g. Morrison's or Tesco | 22g | |
| Dark chocolate, grated e.g. Lindt 90% dark chocolate | 1g | |
| Raspberries, chopped | 15g | |

Method:

Meringue

1. Pre heat oven 90°C/fan 90°C/gas mark ¼.
2. Add egg whites into a large clean mixing bowl (not plastic).
3. Using an electric hand whisk, on a medium speed whisk until the mixture resembles a fluffy cloud and stands up in stiff peaks when the blades are lifted.
4. Turn the speed up and add sugar-free icing sugar. Continue beating for 30 to 40 seconds until mixture stands up in stiff peaks.
5. Using a dessert spoon, scoop a heaped spoonful of the mixture. Using another dessert spoon, ease it on to the baking sheet to make an oval shape.
6. Bake for 90 minutes in a fan oven or 100 minutes in a conventional oven, until the meringues sound crisp when tapped underneath and are a pale coffee colour.

Filling

1. Break the meringue into large pieces.
2. Add whipped cream into a bowl, gently fold in **K·Yo™**, raspberries and meringue.
3. Sprinkle grated dark chocolate over the top.

K·Yo™ is a food 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.