

Chocolate Trifle



3.2:1 ratio

- **Preparation time:** 40 minutes
- **Chilling time:** 45 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	38.2g	32.5g LCT	
		5.7g MCT	
Protein	8.2g		
Carbohydrate	3.8g		
Energy (calories)	391kcal		



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Ingredients	Quantity	Your recipe
Water, boiling	100g	
Sugar-free jelly e.g. Hartley's Sugar Free Jelly Crystals	2g	
Cupcake (contains MCTprocal [®] , see recipe)	28g	
Raspberries, quartered	4g	
K·Yo [™] Chocolate	50g	
Double cream, whipped e.g. Morrison's or Tesco	22g	
Dark chocolate, grated e.g. Lindt 90% dark chocolate	1g	

Method:

1. In a bowl, dissolve jelly crystals in boiling water, cool for 10 minutes.
2. Break the cupcake into large pieces, place into a glass bowl with the raspberries.
3. Pour jelly over the top, place in refrigerator for 45 minutes or until jelly is set.
4. Spread **K·Yo**[™] over the jelly.
5. Smooth the whipped cream over **K·Yo**[™], sprinkle grated chocolate on top of the cream and serve.



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.