

# Mississippi Mud Pie



## 3.4:1 ratio

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

## Recipe provides approximately:

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	48g	
Protein	9g	
Carbohydrate	5g	
Energy (calories)	488kcal	



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# Mississippi Mud Pie



Ingredients	Quantity	Your recipe
<b>Base</b>		
Cocoa powder e.g. Bournville	1g	
Ground almonds	12g	
MCTprocal™	12g	
Butter	5g	
Water	5g	
Liquid sweetener e.g. Hermesetas	1-2 drops	
Spray oil	1-2 sprays	
<b>Filling</b>		
keyo®	50g	
<b>Topping</b>		
Double cream	30g	

## Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.

### Base

2. Add cocoa powder, ground almonds, MCTprocal™ and butter into a bowl, rub together with fingertips until you get a crumbly texture.
3. Add water and liquid hermesetas, mix with spatula to get a dough like mixture.
4. Spray a 3 inch loose bottom mini flan tin with oil and press the mixture around the tin until evenly distributed.
5. Place a layer of greaseproof paper on top of mixture and place in oven (bake blind) for 5-10 minutes until golden and crispy.



### Filling

6. Once base has cooled, spread keyo® evenly on top.

### Topping

7. Lightly whip double cream, then either spread or pipe cream over top of keyo® and enjoy!

Keyo and MCTprocal are foods for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in the ketogenic diet. Refer to labels for allergen and other product information