

Yorkshire Puddings



4:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 4 portions

Recipe provides **approximately:**

Nutritional content	Quantity per 1 portion	Your recipe
Fat	10.4g	
Protein	1.3g	
Carbohydrate	1.2g	
Energy (calories)	104kcal	



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Ingredients	Quantity	Your recipe
Olive oil	18g	
Egg, beaten	35g	
Double cream, e.g. Morrisons/ Tesco	30g	
Plain flour	5g	
Water	20g	
Salt	To taste	

Method:

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Divide oil equally between 4 muffin tins or silicone moulds and heat oil for a few minutes in the oven.
3. In a bowl, whisk egg and cream together, add flour and salt until well mixed.
4. Divide mixture equally between 4 moulds (approximately 25g each).
5. Cook in oven for 20 minutes until Yorkshire puddings are risen and golden.



Always check with your dietitian what is suitable for you

Savoury:

- Serve with other permitted foods e.g. roast meat, chicken or vegetables.
- Add seasoning e.g. pepper and herbs for extra flavour.

Sweet:

- Drizzle with sugar free Da Vinci syrup for a sweet dessert or snack.
- Serve with whipped double or 'squirty' cream and/or permitted fruit.

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