

# Yorkshire Pudding



3.8:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity per 1 portion		Your recipe/MKD exchanges
Fat	7.8g	5.3g LCT	
		2.5g MCT	
Protein	1g		
Carbohydrate	1g		
Energy (calories)	78kcal		



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# Yorkshire Pudding

Ingredients	Quantity	Your recipe
Olive oil	18g	
Egg, beaten	29g	
<b>betaquik</b>	50g	
Plain flour	5g	
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 **betaquik** 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

**Bettaquik is a food for special medical purposes and must be used under medical supervision.  
These recipes have been specifically designed for use in a ketogenic diet.  
Refer to labels for allergen and other product information.**