

# Creamy Vanilla Pie



3.7:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	48.6g	41.1g LCT	
		7.5g MCT	
Protein	8.5g		
Carbohydrate	4.7g		
Energy (calories)	490kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
<b>Base</b>		
Ground almonds	12g	
<b>MCTprocal®</b>	12g	
Butter	5g	
Water	5g	
Liquid sweetener e.g. Hermetas	1-2 drops	
Spray oil	1-2 sprays	
<b>Filling</b>		
<b>K·Yo™</b> Vanilla	50g	
<b>Topping</b>		
Double cream, whipped e.g. Morrison's or Tesco	30g	
Sugar-free icing sugar e.g. Sukrin®Melis icing sugar	10g	
Vanilla essence	2 drops	

## Method:

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

### Base

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

### Filling

1. Once base has cooled, spread **K·Yo™** evenly on top.

### Topping

1. In a bowl, lightly whip together double cream, vanilla essence and sugar-free icing sugar.
2. Spread or pipe cream over **K·Yo™**.

**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.