

Tiramisu



2.9:1 ratio

- **Preparation time:** 10 - 15 minutes
- **Cooking time:** 20 - 25 minutes
- **Recipe makes** 2 portions

Recipe provides **approximately:**

Nutritional content	Quantity 1 portion		Quantity 2 portions		Your recipe/ MKD exchanges
Fat	22.4g	12.3g LCT	44.7g	24.7g LCT	
		10g MCT		20g MCT	
Protein	5.2g		10.4g		
Carbohydrate	2.5g		4.9g		
Energy (calories)	232kcal		464kcal		



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Tiramisu



Ingredients	Quantity	Your recipe
Base		
Egg, beaten	15g	
betaquik	50g	
Black coffee, cold (ready to drink)	5g	
Liquid sweetener e.g. Hermesetas	1 large squirt	
MCTprocal	16g	
Ground almonds	6g	
Cocoa powder e.g. Bournville	1g	
Ground flaxseed e.g. Cold Milled Virginia Harvest	20g	
Carbohydrate free baking powder e.g. Barkat	1g	
Filling		
Cream cheese, full fat e.g. Philadelphia	10g	
Double cream e.g. Morrisons/Tesco	17g	
Black coffee, cold (ready to drink)	5g	
Tiramisu sugar free flavouring e.g. Skinny	10g	
Cocoa powder e.g. Bournville	1g	

Method:

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

Base

1. In a bowl mix eggs, **betaquik**, coffee and liquid sweetener.
2. In a separate bowl add dry ingredients **MCTprocal**, ground almonds, cocoa powder, flaxseed and baking powder, mix until combined.
3. Add both mixtures together and stir until a thick batter is formed.
4. Line the base of a 6 x 3" baking tin with baking parchment and add mixture. Place in oven and bake for 20-25 minutes. Once cooked remove from oven to cool.

Filling

1. Mix the cream cheese, cream, coffee and tiramisu sugar free flavouring together and whisk until you get a thick whipped cream texture.
2. Remove base from tin. Trim edges to straighten and slice in half lengthways to create 2 layers.
3. With a spoon, place half of the filling on one layer and spread to cover the top. Place the other layer on top to sandwich.
4. Place the rest of the filling on the top layer and spread to cover. Sprinkle the remaining 1g cocoa powder on top.
5. Divide into 2 equal portions.



- For a stronger flavour, use a stronger black coffee or add more tiramisu flavouring

MCTprocal and betaquik 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 allergen and other product information.