

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	



Enhancing Lives Together

Yorkshire Puddings

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.**