

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		



Enhancing Lives Together



Yorkshire Pudding

Ingredients	Quantity	Your recipe
Olive oil	18g	
Egg, beaten	29g	
K.Quik	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 **K.Quik** 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

K.Quik 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.