Clafouti

CKD recipe

3:1 ratio

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

Recipe provides **approximately**:

Nutritional content	1 portion	2 portions	Your recipe
Fat	31.3g	62.5g	
Protein	6.9g	13.7g	
Carbohydrate	3.4g	6.8g	
Energy (calories)	323kcals	645kcals	

Vitaflo™

Enhancing Lives Together

Clafouti

Ingredients	Quantity	Your recipe
Ground Almonds	30g	
MCTprocal®	16g	
Baking Powder e.g. Barkat® Carbohydrate Free	1g	
Cinnamon, ground	1g	
Butter	12g	
K·Flo®	60g	
Eggs, beaten	20g	
Liquid sweetener e.g. Hermesetas	1 squirt	
Raspberries, halved	15g	
Topping		
Double cream e.g. Morrison's or Tesco	30g	

Method:

1. Pre heat the oven to 200˚C/180˚C Fan/Gas mark 6
2. In a bowl, mix in the dry ingredients excluding the fruit. Add the butter and rub together using fingertips until a crumbly texture is achieved.
3. Stir in the **K·Flo®**, egg and liquid sweetener to the dry mixture, to form a batter.
4. Divide the raspberries and place in the bottom of 2 ramekin dishes.
5. Pour the batter into the 2 ramekin dishes and bake in the oven for 30 minutes.
6. Serve with double cream poured on top.

Serving Suggestion

Always check with your dietitian what is suitable for you

- Try with alternative berry fruits or rhubarb.

K·Flo® 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.

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