

# Clafouti



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)   | 323kcal   | 645kcal    |             |



Enhancing Lives Together

# Clafouti



| Ingredients   | Quantity | Your recipe |
|---|----------|-------------|
| Ground Almonds  | 30g      |             |
| <b>MCTprocal</b> <sup>®</sup>                               | 16g      |             |
| Baking Powder e.g. Barkat <sup>®</sup><br>Carbohydrate Free | 1g       |             |
| Cinnamon, ground  | 1g       |             |
| Butter  | 12g      |             |
| <b>K-Flo</b> <sup>®</sup>                                   | 60g      |             |
| Eggs, beaten  | 20g      |             |
| Liquid sweetener e.g. Hermesetas                            | 1 squirt |             |
| Raspberries, halved   | 15g      |             |
| <b>Topping</b>  |          |             |
| Double cream e.g. Morrison's<br>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**<sup>®</sup>, 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.



**Always check with your dietitian what is suitable for you**

- Try with alternative berry fruits or rhubarb.

**K-Flo<sup>®</sup> and MCTprocal<sup>®</sup> 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.**