

Fruit Gratin



2.6:1 ratio

- **Preparation time:** 15 minutes
- **Cooking time:** 5 minutes
- **Chilling time:** 60 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	29g	
Protein	7.2g	
Carbohydrate	4g	
Energy (calories)	305kcal	



Enhancing Lives Together



Fruit Gratin

Ingredients	Quantity	Your recipe
K-Flo™	75g	
Eggs, beaten	30g	
Cornflour	2g	
Raspberries	20g	
Blackberries	10g	
Double cream e.g. Morrison's or Tesco	30g	

Method:

1. In a saucepan, mix the **K-Flo™**, eggs and cornflour over a medium heat, stir continuously for 3-4 mins, do not let it boil.
2. Pour into a bowl and chill in the fridge for 60 minutes.
3. Place the fruit evenly in an over-proof dish.
4. Using a spatula, gently fold in double cream and liquid sweetener into the chilled **K-Flo™** mixture.
5. Pour and spread the mixture over the top of the fruit.
6. Set the grill on a medium heat / 150°C and place the gratin on baking tray, approximately 12 cm from the top of the grill, cook for 5 minutes, until golden brown.
7. Serve hot or cold.



Always check with your dietitian what is suitable for you

- Serve with full fat spray cream.



**K-Flo™ is a food 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.**