

keto recipe

keto lemon pudding

A citrus-inspired pudding to suit the warmer summer days. Delicious and only takes 15 minutes to put together.

Ingredients: KetoClassic Savoury
 Double Cream
 Greek Yoghurt
 Lemon Juice
 Lemon Zest
 Pistachios

1. Cut the KetoClassic Savoury in half, like you would a regular bread roll.
2. In a bowl, measure the double cream (and yoghurt as needed by the recipe ratio), lemon juice and lemon zest.
3. Whip together until the mixture stiffens (approx., 3 minutes)
4. Divide the mixture between the KetoClassic Savoury halves (only 1 KetoClassic Savoury half for the 4:1 recipe version).
5. Top with the chopped pistachios and enjoy!

Ketogether tip: You can prepare the double cream / yoghurt mixture in advance, the night before or a few hours before serving, and leave it in the fridge.

Ingredients	4:1	3:1	2:1
KetoClassic Savoury	1 slice - half roll	2 slices - 1 roll	2 slices - 1 roll
double cream	20g	16g	/
greek yoghurt	/	11g	30g
lemon juice	2.5g	2.5g	2.5g
lemon zest	1g - large pinch	1g - large pinch	1g - large pinch
pistachios (chopped)	7g	7g	7g

Nutrition	4:1	3:1	2:1
energy (kcal)	290	427	370
fat (g)	28	40	32
of which saturates (g)	13	18	13
monounsaturated (g)	9	12.7	10.6
polyunsaturated (g)	3.3	4.8	4.5
carbohydrates (g)	3	5.5	6
of which sugars (g)	1	1.7	2.2
fibre (g)	4.7	8.6	8.6
protein (g)	4.1	7.4	9.1
salt (g)	0.2	0.5	0.5