

Chocolate bark

Description: easy to make keto chocolate. Great for Christmaas, birthdays or Easter.

Ingredients:

25g chocolate - dark - Green and Blacks 85%

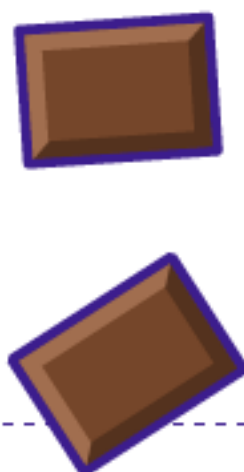
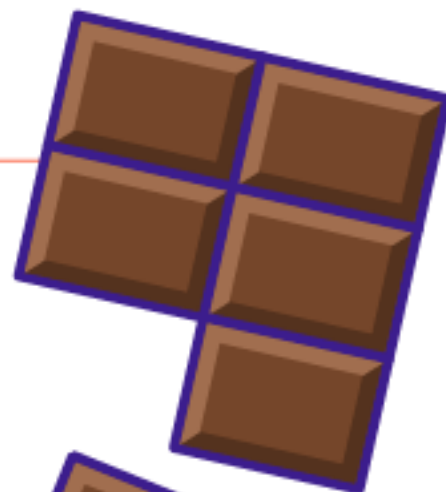
4.5g KetoCal 3:1 Powder

2g oil, coconut

13g sweetener - Truvia

4g almonds, toasted

4g hazelnuts, kernel only



Directions:

1. Melt the chocolate and coconut oil together, then add in the KetoCal and sweetener.
2. Pour onto a lined baking sheet and sprinkle over the nuts. Allow to set in the fridge.
3. If you want to make moulded chocolates, mix the nuts into the melted chocolate mixture, pour into chocolate moulds and set in the fridge. Once set, remove and place into a petite four case or wrap in foil paper.

Nutritional information (for entire recipe):

Carbohydrate: 6.7

Calories: 265

Fat: 23.62

Protein: 4.53

Ratio: 2.1:1



Disclaimer:

This recipe is for patients or carers of patients who have been prescribed the KetoCal range by a healthcare professional. The KetoCal range are Foods for Special Medical Purposes, for the dietary management of drug resistant epilepsy, and must be used under medical supervision. Always follow the advice of your Healthcare Professional and ensure you consult them before making any changes to your diet.

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