

Vanilla Meringue Pie



2.5:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	35.9g	28.4g LCT	
		7.5g MCT	
Protein	10.2g		
Carbohydrate	4.1g		
Energy (calories)	380kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Base		
Ground almonds	12g	
MCTprocal®	12g	
Butter	8g	
Water	5g	
Liquid sweetener e.g. Hermesetas	1-2 drops	
Spray oil	1-2 sprays	
Filling		
K·Yo™ Vanilla	50g	
Topping		
Egg, whites only	20g	
Sugar-free icing sugar e.g. Sukrin® Melis icing sugar	20g	

Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.

Base

1. Add ground almonds, MCTprocal® and butter into a bowl, rub together with fingertips until you get a crumbly texture.
2. Add water and liquid sweetener, mix with spatula to get a dough like mixture.
3. Spray a 3-inch loose bottom mini flan tin with oil and press the mixture around the tin until evenly distributed.
4. Place a layer of greaseproof paper on top of mixture and place in oven (bake blind) for 5-10 minutes until golden and crispy. Allow to cool.

Filling

1. Once base has cooled, spread K·Yo™ evenly on top.

Topping

1. Pre heat grill on a medium to high heat
2. Place egg whites into a large clean mixing bowl (not plastic).
3. Using an electric hand whisk, on a medium speed whisk until the mixture resembles a fluffy cloud and stands up in stiff peaks when the blades are lifted.
4. Turn the speed up and add sugar-free icing sugar. Continue beating for 30 to 40 seconds until mixture stands up in stiff peaks
5. Spread meringue over the K·Yo™.
6. Place the pie under the grill and cook till golden brown

K·Yo™ 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.