Dessert for 1,600kcal/Day (2.5 : 1 Ratio, 193 kcal)

Quote from
A Book of Ketogenic Diet — Diet of Miracle —
Dr. Hiroshi Maruyama
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Ingredients

【Cream pudding】(クリームプリン)

- Egg 20g
- Fresh cream 30g
- Sweetener 3g
- Whipped cream (Fresh cream 10g + sweetener 1g)

Directions

【Cream pudding】

① Mix egg, fresh cream and sweetener, and pour into a cup.
② Steam for 20 minutes.
③ Decorate with whipped cream.