

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



### Quote from

A Book of Ketogenic Diet — Diet of  
Miracle —

Dr. Hiroshi Maruyama

Published by Daiichi Shuppan Co.,  
Ltd. Tokyo JAPAN

Published on January 15, 2010



### 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.