

OPTIFAST® Lemon Crème Dessert Recipe Book



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The CDE-OPTIFAST® Programme is a clinically proven nutritionally complete weight management program designed for the management of obesity and overweight people.

The OPTIFAST® Lemon Crème Dessert can be used as a meal replacement as part of the CDE-OPTIFAST® Programme.

The first phase requires meals to equate to approximately 200 kcal. The second and third phases allow meals to be approximately 350 kcal.



The OPTIFAST® VLCD™ Program can be modified to suit individual requirements.

* Meals should equal approximately 350 calories each.

* See 'allowed low starch vegetables and fruit' in the 'Additional Foods' table (optifast.com.au).

Raspberry and Lemon Smoothie

Serves:1

Energy per serving: 210 kcal

Ingredients

1 Sachet OPTIFAST® Lemon
Crème Dessert

125 ml water

1 Cup Ice

10 Raspberries
(can change to 3 strawberries)

Zest of 1 Lemon

Juice of 1 Lemon



Method

1. Blend together until smooth. Enjoy immediately.

Oat, Nut and Lemon Snacks

Makes 12 units

Energy per unit: 50 kcal

Ingredients

1 Sachet OPTIFAST® Lemon
Crème Dessert

65 ml water

Zest of 1 Lemon

Juice of 1 Lemon

1/2 Cup Raw Rolled Oats
(1/4 cup extra for rolling balls in)

1/2 Cup Nuts
(almonds, macadamia, pistachio or cashews)



Method

1. Mix all the ingredients together.
2. Let stand for 5 minutes. Roll 12 balls — approximately 1 tbsp. of dough per ball.
3. Enjoy 1 ball as a snack, or 4 as a meal. Can be stored in the refrigerator for up to 3 days.

Orange and Lavender Lemon Freeze

Serves: 1

Energy per unit: 200 kcal

Ingredients

1 Sachet OPTIFAST® Lemon Crème
Dessert

150 ml water

1 Cup Ice Cubes

Flower Petals of 3 Lavender Flowers

Zest of 1 Orange



Method

1. Blend together until smooth. Enjoy immediately.

Granadilla and Lemon Ice Pops

Serves:6

Energy per serving: 39 kcal

Total Energy: 234 kcal

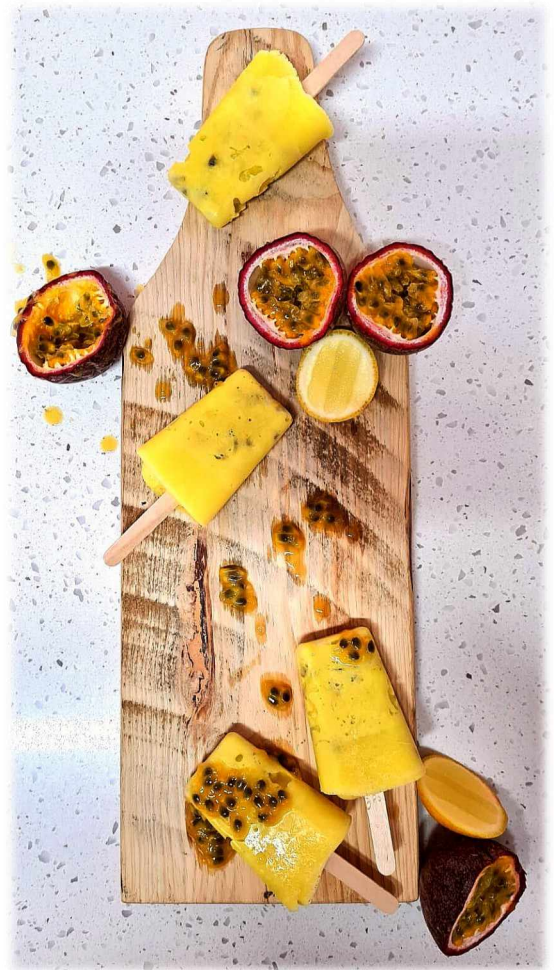
Ingredients

1 Sachet OPTIFAST® Lemon
Crème Dessert

200 ml Water

2 Granadillas

1 tsp Lemon Juice



Method

1. Mix all the ingredients together.
2. Divide into 6 Ice-popsicle moulds.
3. Freeze overnight.
4. Enjoy 1 as a dessert in any Phase.

Lemon Poppy Seed Soufflé

Serves:1

Energy per serving: 264 kcal

(Phase 1 alternative – reduce poppy seeds to 1 tsp and use only 1 egg white)

Ingredients

1 Sachet OPTIFAST® Lemon
Crème Dessert

125 ml water

1/2 tsp Vanilla Essence

1 tsp Lemon Zest

1/4 tsp Baking Powder

2 tsp Poppy Seeds

2 Egg Whites, Whipped to Soft Peaks



Method

1. Whip egg whites until they form soft peaks.
2. Mix the rest of the ingredients together in a separate bowl.
3. Fold egg whites gently into OPTIFAST® mixture.
4. Pour into a large ramekin, or small oven-proof dish. Can be divided into 2 small ramekins.
5. Bake for 15 minutes at 180°C.
6. Enjoy immediately as a warm meal.

Chia Seed and Cardamom Lemon Custard

Serves:1

Energy per serving: 273 kcal

Ingredients

1 Sachet OPTIFAST® Lemon
Crème Dessert

250 ml water

1 tsp Vanilla Essence

Zest of 1 Lemon

Juice of 1 Lemon

Pinch of Ground Cardamom

1 tbsp. Chia Seeds



Method

1. Mix all the ingredients together.
2. Pour into a glass and leave for 2 hours to set. Can be enjoyed as a meal in Phase 2 or 3.

Lemon Meringue

Serves:1

Energy per serving: 274 kcal

Ingredients

1 Sachet OPTIFAST® Lemon
Crème Dessert

75 ml Water

Zest of 1 Lemon

Juice of 1 Lemon

1 tsp Vanilla Essence

1 Egg, Yolk and White Separated



Method

1. Mix all the ingredients together, except the egg whites.
2. Whip egg whites to soft peaks.
3. Place the egg yolk custard in an oven-proof dish.
4. Spoon egg whites on top.
5. Place in the oven under a grill for 3 – 5 minutes, or until egg whites are golden brown.
6. Enjoy immediately — Phase 2 or 3.

Blueberry and Lemon Pana Cotta

Serves:1

Energy per serving: 241 kcal

(*with fresh blueberries—optional in Phase 1)

Ingredients

1 Sachet OPTIFAST® Lemon
Crème Dessert

200 ml water

2 Gelatine Leaves

1 tsp Lemon Zest

1 tsp Orange Zest

1/2 cup Fresh Blueberries



Method

1. Dissolve the gelatine in hot water.
2. Add the rest of the ingredients to the water.
3. Set overnight in a bowl.
4. Turn upside-down to remove from bowl, or enjoy as is. Serve with fresh blueberries.



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