



# OPTIFAST® Lemon Crème Dessert

## Recipe Book







The CDE-OPTIFAST® Programme is a clinically proven, nutritionally complete weight management programme designed for the management of obesity.

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

Consult a registered dietitian when following the CDE-OPTIFAST® Programme.

**Find a VLCD-accredited dietitian near you:** [www.cdediabetes.org](http://www.cdediabetes.org)



# Raspberry & 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 & Lemon Snacks

Makes: 12 units

Energy per serving: 50 kcal

## Ingredients

---

1 Sachet OPTIFAST<sup>®</sup>

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.



Nutrition

# Orange & Lavender Lemon Freeze

Serves: 1

Energy per serving: 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 & Lemon Ice Pops

Serves: 6

Energy per serving: 39 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.



Nutrition



# Chia Seed & Cardamom Lemon Custard

Serves: 1

Energy per serving: 273 kcal

## Ingredients

---

1 Sachet OPTIFAST®  
Lemon Crème Dessert  
125 ml water  
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.



Nutrition

# Blueberry & Lemon Panna Cotta

Serves: 1

Energy per serving: 241 kcal

(\*with fresh blueberries - optional in Phase 1)



## 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.





For further information about the CDE-OPTIFAST® Programme, or to find your closest VLCD-Accredited healthcare professional, visit [www.cdediabetes.org](http://www.cdediabetes.org). Alternatively, please phone 011 712 6000 and ask to speak to a CDE-OPTIFAST Consultant.