BREAKFAST PANCAKE

- 50g Egg
- 26g Ground almonds
- 45g ALPRO soya milk - light
- 14g Double cream
- 13g Olive oil
- Fruit – 46g strawberries OR 60g raspberries OR 20g blueberries

You will also need some liquid sweetener.

Mix the egg, almonds, soya milk and cream.
Heat the oil in a non stick frying pan, pour in the mixture, turn or cook top under the grill.
Serve with sweetener and fruit of your choice.

You could swap the ground almonds for TRS brand coconut flour / powder OR ground desiccated coconut.

N.B. To adjust for a classical diet to increase the ratio, you can look at cutting down the amount of egg, soya milk and fruit. In some cases you will also have to look at reducing the amount of ground almonds and possibly add some butter to the recipe to increase the fat content.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION