BREAKFAST BACON MUFFIN

- 25g Eggs
- 7g Self raising flour – McDOUGALLS
- 22g Butter
- 18g Streaky bacon – grilled
- 10g Golden omega milled flaxseed – VIRGINIA HARVEST

You will also need ¼ teaspoon of BARKAT baking powder and a pinch of dried herbs and pepper if desired.

Reserve 10g of the butter for serving.

Chop the grilled bacon in to fairly small pieces.

Soften the butter.

Mix the flour, flaxseed and Barkat together.

Mix in the butter and bacon.

Combine with the beaten egg.

You can add a pinch of dried herbs or a little pepper.

Put in a muffin mould and leave to stand for 10 minutes while you pre-heat the oven to 170c / fan 150c / gas 5, cook for approximately 20 minutes until risen and brown.

Mo’s tip: These batch up well and freeze, when you batch up keep the bacon to one side and add when you have weighed out the mixture for each muffin, this will ensure you get the correct amount in each muffin.

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

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