CHRISTMAS BISCUITS

• 18g Butter
• 27g Almond flour flurry – HOLLAND & BARRETT
• 3g Plain flour - McDougalls

You will also need some sweetener of your choice. I find granules or powder good for biscuits. I used 12g of NATVIA icing, a pinch of mixed spice or cinnamon, or if preferred a few drops of any flavour extract (optional).

Pre heat oven to 170c / fan 150c / gas 3 or 4.
Soften the butter and mix in the almond flurry, flour, sweetener and flavouring.
Shape the dough to your own design but something seasonal like Christmas trees or stars looks nice.
Cook for approximately 10 minutes depending on the size.
When cold you can decorate using NATVIA or SUKRIN icing with a little colouring, or if you need more fat in you can make some butter icing with unsalted butter and NATVIA / SUKRIN icing.

Mo’s tip: I used a cookie shaper to make mine (pictured above), it was easy to use. These are very useful for special treats of snacks.

I made 10 cookies, each one gives: 3g fat / 0.6g protein / 0.4g CHO

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