KETO PASTRY

The photo shows the raw dough and an apple turnover.

- 126g Italian mozzarella – MORRISONS
- 42g Ground almonds – MORRISONS
- 16g Double cream - MORRISONS
- 27g Egg
- 10g Psyllium husks

You will also need a tiny pinch of salt.

Drain the mozzarella – kitchen roll helps!! Melt the mozzarella in the microwave for 30 seconds, stir then melt for a further 30 seconds.

Beat in ALL other ingredients until a dough is formed.

This pastry can be used to make pies (sweet or savoury), sausage rolls and bases for quiches or pizzas. Batching up will be easy! The dough will weight 216g so just divide in to 54g portions which will be enough to make most recipes. Just add the values of the fillings to suit your ratio.

Two ways of using:

- With one 54g portion, I made an apple turnover by adding 40g raw cooking apples, sliced, added some sweetener and then cooked for approximately 20 minutes in a pre heated oven: 180c / fan 160c / gas 4 - this will add 3.5g CHO to the dish – serve with cream if you need more fat.

- With another 54g portion I made 8 pastry cases which could be used in many ways. e.g. Make cream cheese filling or smoked salmon.

Mo’s tip: I found that rolling between baking parchment makes it easy.

Makes great party food!!

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

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