MUESILI STYLE CEREAL

- 9g Chopped almonds - WHITWORTHS
- 9g Brazil nuts
- 8g Flaxseed, sunflower & pumpkin seeds – LINWOODS MILLED
- 7g Desiccated coconut
- 7g Sunflower seeds
- 9g Butter
- 25g Double cream – MORRISONS
- 30g Strawberries

You will also need several drops of liquid sweetener and a few drops of vanilla essence.

Pre heat oven to 190 c / fan 170 c / gas 5.

Reserve the fruit and cream.

Chop the Brazil nuts and melt the butter, mix with all other ingredients, including the sweetener and essence.

Spread on a baking sheet and bake in pre-heated oven for approximately 5 minutes until golden.

Serve warm or cold with the fruit and cream.

Mo’s tip: You can replace the strawberries for raspberries then you would have 39g of fruit.

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