ALMOND CAKES with MCT

- 18g MCT oil
- 38g Egg whites
- 20g Self raising flour - McDougalls
- 18g Ground almonds - Morrisons

You will also need a few drops of liquid sweetener and almond extract.

Preheat oven to 180c / 160c fan / gas 5.
Beat the egg white until frothy but not stiff.
Mix all other ingredients including the sweetener and almond extract, beat well.
Divide in to 3 patty tins or silicone cupcake moulds which have been very lightly oiled.
Bake for golden brown for approximately 15 minutes.

Mo’s tip: This is good for batching and freezing.