MO’s RECIPE

ALMOND COOKIES

- 5g Plain flour - McDougalls
- 11g Butter
- 24g Ground almonds - Morrisons
- 12g Eggs

You will also need some liquid or granulated sweetener 1-2g is plenty and some almond extract (or your preferred flavour).

Using soft butter just beat everything together and place in teaspoons on a non stick baking tray (I actually made balls and flattened them a little).

The mixture doesn’t spread very much, it makes 5 small or 3 larger cookies.

Bake in a preheated oven for 10-12 minutes 180c / 160c fan / gas 5

If you make 5 small cookies you get FAT: 4.7g / PRO: 1.4g / CARB: 1g perm cookie

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