BANANA BREAD

- 18g Butter
- 21g Bananas
- 25g Coconut powder – EAST END or TRS
- 43g Eggs

You will also need a few drops of liquid sweetener, a good pinch of cinnamon (optional), a small pinch of salt and ½ teaspoon of BARKAT baking powder.

Pre heat oven to 170c / fan 150c / gas 3 - 4.
Mix all dry ingredients.
Soften the butter.
Mix everything together well, including the mashed bananas.
Put in to a silicone loaf or muffin mould.
Cook for 15 – 20 minutes.
Cool before turning out.

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