BISCUITS

- 12g beaten Egg
- 39g Coconut powder -TRS
- 7g Butter
- 3g Dark cake covering chocolate - MORRISONS

You will also need 3 drops of liquid sweetener

Make sure the butter is nice and soft.
Finely grate the choc (don't forget to weigh after grating)
Mix everything together with the beaten egg & sweetener.
Roll into a 5 inch sausage shape and chill for 10 mins.
Cut into 6 rounds (you can weigh the total amount and then divide by 6 to get the weight of each biscuit – a little fiddly but you will soon get the hang of it), then flatten each one. I found it easier to start in the palm of the hand then gently ease it out with your finger til you have fairly even 2 ½ inch rounds. Again, a bit fiddly but by the time you have done 6 you will be expert!
Place on a parchment lined baking tray cook in preheated oven 160c / 140c fan / gas 3 for 10 mins.

Each biscuit contains: 5.42g of Fat, 0.67g of Protein and 0.68g of Carb

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

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