BLUEBERRY MUFFIN

- 18g Coconut powder - TRS
- 22g Egg - beaten
- 23g Butter
- 2g Cornflour - MORRISONS
- 11g Blueberries

You will also need a good pinch of BARKAT baking powder and liquid sweetener.

Mix the coconut powder in with a good pinch of baking powder and the cornflour.
Melt the butter NOT TOO HOT and mix into the flour mixture with the egg and a few drops of liquid sweetener to taste.
Pour into a silicone muffin case and push the blueberries in to the mix (you can mix them in first but I find that pushing them in gives a nicer finish!).

Bake in oven for approximately 20 minutes 200c / gas 6.

Leave in the silicone case for a few minutes to cool.

Mo’s tip: These are easy to batch up and freeze well.

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