BISCUITS

- 28g Coconut powder – EAST END or TRS
- 16g Eggs
- 7g Butter
- 4g Dark chocolate – MORRISONS 72%
- 3g Plain flour - McDougalls
- 15g Ground almonds - MORRISONS

You will also need a few drops of liquid sweetener.

Pre heat oven to 160c / fan 140c / gas 3.
Make sure the butter is nice and soft.
Finely grate the chocolate and then weigh it!
Mix everything together with the beaten egg and sweetener, roll in to a sausage in cling film approximately 5 inches long, cover and chill for at least 10 minutes.
Weigh the dough; divide by 6 to find the weight for each biscuit.
Flatten into rounds of approximately 2 ½ inches, do it with the palm of your hand, it is fiddly but you soon get the knack.
Place on a non stick parchment or silicone liner, cook in pre heated oven for approximately 10 minutes.

Mo’s tip: If you make 6 biscuits so each one gives: 5.8g fat / 1.2g protein / 1g CHO
This makes it easier to use as a snack

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