CHOCOLATE DIGESTIVE BISCUITS

- 4g Oatmeal – MORNFLAKE MEDIUM STONEGROUND
- 15g Almond flour flurry – HOLLAND & BARRETT
- 14g Butter
- 5g Cocoa dark supreme – LINDT 90%
- 2g Psyllium husks

You will also need some liquid sweetener and a TINY pinch of salt.

Pre heat oven to 170c / fan 150c / gas 4.

Reserve the Lindt chocolate.

Soften the butter, then mix the almond flour, oatmeal, psyllium husk, and salt with 10mls of water and approximately ½ teaspoon of sweetener.

Mix to a dough and let it stand for 5 minutes.

Divide in to 9 MINI silicone muffin moulds (these give a good shape), press down well.

Bake in pre heated oven until golden brown, approximately 10 minutes.

When cool remove from moulds and leave on a rack to go cold.

Melt the Lindt then add a few drops of liquid sweetener. Divide between the biscuits and spread over.

If you make 9 biscuits each biscuit gives: 2.6g fat / 0.4g protein / 0.4g CHO

Mo’s tip: These make a very good Easter treat and will keep in a plastic container for a few days.

If you can’t get the almond flour flurry you can use ground almonds, however you may need to add a little more butter so check the labels!!

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