CLASSICAL MEAL
2.5:1 RATIO

EASTER MACAROON

- 4g Butter
- 11g Ground almonds - MORRISONS
- 8g Double cream – MORRISONS
- 3g Raisins
- 7g Toasted almond flakes - MORRISONS

You will also need some liquid sweetener or TRUVIA granules.

Pre heat oven to 180c / fan 160c / gas 5.
Crush the almond flakes in to tiny pieces.
Chop the raisins.
Mix everything together to form a soft dough.
Divide in two, then flatten on to a non stick baking tray, I always use a silicone liner, they are very inexpensive from supermarkets.
Bake in pre heated oven for approximately 12 minutes.
This makes 2 good sized cookies.

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