FLAX MUFFIN

- 5g Flaxseed - LINWOODS
- 13g Butter
- 15g Olive Oil
- 5g Rice Flour – DOVES FARM
- 13g Egg White
- 4g Ground Almonds – MORRISONS
- 3g Walnuts Pieces- MORRISONS

You will also need a ¼ teaspoon of BARKAT Baking Powder (NO MORE), a drop of vanilla extract and liquid sweetener to taste.

Soak the flaxseed in 15ml of warm water for at least 30 minutes, longer if possible. Mix the softened butter in to the flax with the oil, liquid sweetener and vanilla extract. Mix the rice flour, walnuts pieces and ground almond with the baking powder and fold in to the flax mixture. Beat the egg white and fold in to the mixture.

Pour mixture in to a silicone muffin mould.

Bake in oven for 20-25 minutes 200c / gas 6

Mo’s tip: For a savoury muffin leave out the sweetener and replace the walnut pieces with 1g of cheese.

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