FLAXSEED MUFFIN with MCT

- 18g MCT oil
- 18g Eggs
- 28g Egg whites
- 6g Coconut flour – EAST END
- 18g Self raising flour - McDougalls
- 10g Flaxseed milled – LINWOODS
- 3g Raisins

You will also need a few drops of liquid sweetener, ¼ teaspoon of BARKAT baking powder and a few drops of vanilla extract.

Start by soaking the flaxseed in 15mls of water overnight, they will become jelly by the morning.

Preheat oven to 190c / 170c fan / gas 5.

Chop the raisins.

Beat all the egg in to the flaxseed, with the sweetener and vanilla extract.

Place muffins in moulds (mixture makes 2).

Bake for 15 minutes.

Mo’s tip: This is good for batching, freezing and makes a good packed lunch.

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