FRUIT TARTS

- 16g Macadamia nuts - MORRISONS
- 12g Raspberries
- 13g Egg whites
- 7g Brazil nuts
- 5g Coconut oil
- 17g Cream - clotted
- 1g Cornflour
- 2/3 Drops liquid sweetener

Reserve the cream to serve.
Puree the raspberries with 2 or 3 drops of liquid sweetener.
Use approx 1g of the coconut oil to grease 3 patty tins, there is no need to melt it.
Grind the nuts together to form a paste then mix with the remaining coconut oil & lightly beaten egg white (you can add flavouring such as vanilla or almond extract).
Stir in a few drops of liquid sweetener and the cornflour.
Divide into the patty tins, make a dent in the middle and fill with the fruit puree.
Pre-heat oven to 180c/160c Fan / gas 4.
Bake for 10-15 min until crisp and lightly browned.
Serve topped with the clotted cream.

Mo’s tip: you can use other fruit and frozen berries works well.

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