MO’s GARLIC BREAD

You will also need 1g of GIA garlic paste.

Pre heat oven to 190 c / fan 170 c / gas 5
Microwave the cheese for 20 seconds to warm it, add egg, cream and coconut powder. Beat until well mixed (be patient it does mix together quite well!).
Spread to approximately 5 x 5 inch square on a non stick baking tray, mark into strips. Drizzle over the oil and bake for approximately 10 minutes.
Mix together the butter and garlic paste to make garlic butter, when the bread is cooked spread with the garlic butter.

Mo’s tip: You could leave this as a circle and use as a pizza base. This recipe is low carb but high in protein so in won’t suit everyone!

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