HALLOWEEN COOKIES

- 5g Butter
- 15g Pecan nuts - MORRISONS SHELLED
- 12g Eggs
- 6g Coconut powder – EAST END or TRS
- 4g Dark chocolate - MORRISONS 72%
- 21g Double cream - MORRISONS
- 2g Self raising flour - McDougalls

You will also need 1 teaspoon of psyllium husk soaked in 10mls of water for 10 minutes, ½ teaspoon of liquid sweetener and ¼ teaspoon of ground ginger or cinnamon.

Pre heat oven to 190c / fan 1750c / gas 5.
Reserve 12g of the cream.
Grind the nuts to a paste.
Mix ALL ingredients together, including the remaining 9g of cream and the soaked psyllium husk.
Place in silicone mini muffin moulds or other small moulds.
Bake for 10 – 15 minutes.
When cold whip the reserved cream (you can colour this), spread equally between the cookies, use food colours to make funny faces, WILTON COLOUR JELS are brilliant and are nice strong colours (available from Lakeland or Amazon).

Mo’s tip: I made 10 mini cookies, this makes it easier to use as treats.

If you make 10 cookies each cookie gives: 3.2g fat / 0.4g protein / 0.4g CHO

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