HOT CROSS BUN with MCT

- 18g Liquigen
- 9g MCT oil
- 12g Egg yolks
- 47g Egg whites
- 16g Self raising flour - McDougalls
- 6g Coconut flour - Tiana
- 4g Raisins
- 6g Butter

You will also need 1/8 teaspoon of mixed spice or cinnamon, and a few drops of liquid sweetener or ¼ teaspoon Truvia.

Reserve the butter.
Mix together the flour and Tiana.
Chop the raisins and stir in to the flour mix together with the spice.
Beat together the Liquigen, MCT oil, all egg and sweetener.
Mix in to the dry ingredients, put in to a muffin mould and smooth the top.
Bake in preheated oven at 190c / 170c fan / gas 6 for approximately 15 minutes.
Serve cut in half and spread with the butter – or you could use the butter to form a cross on the top.

Mo’s tip: This recipe can be adapted to use other products if Liquigen is not required.

All our recipes are tried and tested ‘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