HOT CROSS BUN with MCT

(PUDDING OR SNACK PRESCRIPTION AMOUNT)

- 18g Liquigen
- 8g Self raising flour - McDougalls
- 4g Coconut flour - Tiana
- 23g Eggs
- 2g Raisins
- 2g Butter

You will also need a good pinch of mixed spice, approximately 1/16th teaspoon of Truvia sweetener or you could use a few drops of liquid sweetener.

Reserve the butter.

Chop the raisins and mix with the flour and coconut flour, add mixed spice and sweetener. Beat egg and add to the flour mix with the Liquigen.

Put in to a muffin mould and smooth the top.

Bake in preheated oven at 190c / 170c fan / gas 6 for approximately 10-12 minutes.

Use the butter to make a cross or simply cut in half and spread with butter.

Mo’s tip: Rolling the butter in clingfilm makes it easier to shape. You may find that if you turn the bun upside down you will have a smoother surface.

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