MO’s BETAQUIK MCT PANCAKE

- 84g BetaQuik
- 18g Plain flour - McDougalls
- 55g Eggs
- 3g Sunflower oil
- 3g Honey – Gales
- 5g Fresh lemon juice

Reserve the honey, lemon and oil.
Beat all other ingredients together to form a batter.
Heat oil in a pan, when hot pour in half the batter.
Cook on both sides for a few minutes.
Repeat with the remaining half of the batter, you will not need to add more oil.
Mix the lemon and honey together and serve drizzled over the pancakes.
This makes two snacks.

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