MARZIPAN EASTER COOKIES

- 4g Coconut oil
- 2g Cornflour
- 5g Egg Whites
- 9g Eggs
- 5g Ground almonds - MORRISONS
- 11g Double cream – MORRISONS
- 1g Cocoa – BOURNVILLE
- 7g Butter
- 21g Coconut powder – EAST END or TRS

You will also need a 1/8th teaspoon of Truvia or Stevia granules, 2 drops of almond essence and a few drops of liquid sweetener.

Start by making the marzipan: Whisk the egg WHITE until frothy; add the ground almonds, 1/8th teaspoon of Truvia or Stevia granules and 2 drops of almond essence. Roll in to 3 balls and place in the fridge.

Then make the Easter eggs: Soften the butter and beat in the cocoa with a few drops of liquid sweetener. Form into little eggs and place in the freezer.

Pre heat oven to 180c / fan 160c / gas 5.

Mix together the coconut powder, coconut oil, cream, cornflower, liquid sweetener and egg. This makes a stiff dough. Form into 3 equal balls. Place on non stick baking tray and flatten a little. Make a dent in the middle of each to form a nest.

Place a marzipan ball in each. Bake for approximately 12 minutes.

When cold add the frozen chocolate egg.

Mo’s Tip: Clingfilm helps form the egg shape.

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

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