MO’s RECIPE
3:1 RATIO

MO’s MINCE PIES

- 20g Coconut powder – EAST END or TRS
- 12g Butter
- 12g Cooking apples - peeled
- 3g Sultanas
- 9g Ground almonds – MORRISONS
- 15g Eggs
- 1g Vegetable suet

You will also need some mixed spice and liquid sweetener.

Make the pastry by rubbing the butter in to the coconut powder and ground almonds. Mix to a dough with the egg but keep about 1g for brushing on top. Leave to rest in a cool place.

Finely chop the apples and sultanas, mix in the suet, mixed spice and some sweetener.

Line MINI muffin moulds or patty tins with half the pastry (you will find it easier just to push it in rather than try to roll it).

Fill each one equally with the apple mix, top with the remainder of the pastry (just form little tops with your fingers), brush with the little bit of saved egg.

Bake at 180 c / fan 160 c / gas 5 for approximately 15 minutes.

Mo’s tip: I made 4 mini pies but you could just as easily make two normal sized pies in patty tins. This makes them easy to be a snack or treat.

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