MINI BAKEWELLS

- 5g Ground almonds - MORRISONS
- 13g Eggs
- 6g Raspberry jam – MORRISONS REDUCED SUGAR
- 5g Butter
- 17g Coconut powder – EAST END or TRS
- 1g Toasted flaked almonds - MORRISONS
- 5g Soft cheese – PHILADELPHIA FULL FAT
- 12g Sunflower oil

You will also need 1 teaspoon of psyllium husk, ½ teaspoon liquid sweetener and a few drops of almond extract.

Pre heat oven to 170c / fan 150c / gas 4.
Reserve jam and toasted almonds.
Beat egg, mix psyllium husk and 20mls of water.
Add all other ingredients to the egg and husks, using the mini moulds divide half the mixture then place in to the moulds – the size I used made 6.
Then put 1g of the jam in each, then top with the remaining mixture.
Sprinkle with the toasted almonds.
Cook in pre heated oven for approximately 12 minutes.
Cool in the moulds. You can place these in little petit four paper cases to serve.
Do not cook in paper cases as you will lose some of the fat content.

3 mini bakewells will make a good snack with: 16.2g fat / 2g protein / 2g CHO

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