OVEN BAKED KETO BREAD

- 33g Ground almonds - MORRISONS
- 80g Eggs
- 36g Butter
- 40g Flaxseeds – LINWOODS milled organic

You will also need 4g (1 teasp) of BARKAT baking powder (do not use others which are high in carb), 1g salt (no more), 2g of white vinegar and 5 drops liquid sweetener

Start the night before by soaking the flaxseed in 50g of cold water. You can short cut this by putting it in warm water and leaving for 2 hours, but the longer it soaks the better it is!

Preheat oven to 180c / 160c fan / gas 5.
Soften the butter, beat in the salt, vinegar, sweetener and flaxseed.
Beat egg then mix in with the almonds and baking powder.
Put into a lightly greased loaf tin 8” x 4” cook for 20 minutes.

When cold divide into at least 6 portions this will give

Per slice: Fat: 12.7g  Pro: 4.3g  Cho: 0.5g

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

© Matthew’s Friends 2014  Registered Charity Number 1108016