VIENNESE COOKIES using KETO CUISINE

- 18g Keto Cuisine
- 11g Peanut butter - WHOLE EARTH smooth no added sugar
- 5g Eggs
- 11g Butter
- 4g Olive oil
- 1g Cornflour

You will also need a few drops of sweetener and 1/8 teaspoon of BARKAT baking powder.

Soften the butter and mix with the eggs, oil, peanut butter and sweetener.
Mix together all dry ingredients and combine with the wet ones.
Put in heaps on non stick parchment. This mixture will make 4 medium or 6 small cookies.
Bake in preheated oven for approximately 10 minutes 180c / 160c fan / gas 5

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