PURPLE DAY BISCUITS

- 19g Soya flour – NEALS YARD WHOLEFOODS
- 30g Ground almonds – MORRISONS
- 41g Eggs
- 47g Cacao butter – SEVENHILLS ORGANICS (Cocoa butter)
- 12g Icing mix – NATVIA (approximate weight)

You will also need a teaspoon of liquid sweetener and flavouring such as ginger or cinnamon powder for the biscuits, and purple food colouring (I used Dr Oetker’s ultra violet gel).

Pre heat oven to 180c / fan 160c / gas 4.
Reserve the Natvia.
Melt the cocoa butter (I used Sevenhills from Amazon, but there are other brands all 100% fat).
Mix the soya and ground almonds with the flavouring.
Stir in the melted cocoa butter with the egg and sweetener. The mixture gets more like a dough if you leave it to stand for 10 minutes.
Form in to biscuits – obviously you don’t need to do lettering!
Cook in pre heated oven for approximately 12 minutes.
When cold, mix the Natvia icing with a few drops of water to make a thickish icing, add colouring.
Decorate the biscuits, the icing doesn’t go hard but it does set well. It doesn’t flow like normal icing but it does taste like icing.

Mo’s tip: I made 9 biscuits so each one is: **8g fat / 2.11g protein / 0.5g 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