RASPBERRY AND COCONUT CAKE with MCT

- 18g MCT oil
- 11g Ground almonds - MORRISONS
- 19g Self raising flour - McDOUGALLS
- 4g Desiccated coconut
- 40g Egg whites
- 24g Raspberries
- 7g Cream cheese – PHILAElfIA full fat

You will also need a few drops of liquid sweetener.

Pre heat oven to 180c / fan 160c / gas 5.
Mix together all the dry ingredients.
Stir in the MCT oil and Philadelphia.
Whisk egg whites until frothy but not stiff, fold in to the mixture with the raspberries.
Place in 2 silicone muffin cases and cook for approximately 15 minutes.

Mo's tip: If preferred the raspberries could be served separately with the coconut cakes.

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