SIMNEL CAKE with MCT

- 7g Ground almonds - MORRISONS
- 18g MCT oil
- 17g Eggs
- 4g Egg whites
- 25g Alpro soya light
- 25g Coconut flour - TIANA
- 6g Raisins
- 7g Sultanas

You will also need a good pinch of Truvia granules, almond essence, some mixed spice and liquid sweetener.

First make the marzipan by mixing the Truvia with the ground almonds. Beat in the egg WHITE and a drop of almond essence to form a stiff paste. Form into balls, small ones look nice - eleven would be traditional.

Chop the sultanas and raisins then mix with all the other ingredients, place in a large muffin mould or similar container.

Pop the marzipan balls on top.

Bake in a pre heated oven for approximately 25 minutes at 170 c / 150 c fan / gas 4.

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