SULTANA COOKIE with MCT

(PUDDING OR SNACK PRESCRIPTION AMOUNT)

- 9g MCT oil
- 10g Coconut flour - TIANA
- 7g Sultanas
- 6g Ground almonds - MORRISONS
- 12g Egg whites

You will also need a few drops of vanilla extract and liquid sweetener.

Beat the egg white until frothy, stir in all other ingredients.

Place on a baking tray lined with non stick foil or baking parchment.

Bake for approximately 15-20 minutes 190c / 170c / gas 5/6.

Mo’s tip: Makes one good sized cookie of 2-3 small treats.