**VANILLA CUPCAKE**

- 28g Egg whites
- 17g Walnut oil
- 15g Butter
- 8g Coconut flour - TIANA
- 3g Coconut – desiccated and unsweetened
- 6g Jam - reduced sugar
- You will also need a few drops of liquid sweetener, 5 drops of vanilla extract and ¼ teasp BARKAT baking powder.

Put to one side 7g of butter, the desicated coconut and jam.
Whisk egg white until stiff, melt the remaining 8g of butter, gently fold all the ingredients into the egg white. Be careful not to knock too much air out of the egg white.

Put into silicone cupcake moulds. These are easier to handle if you place them inside a normal bun tin.
Cook for 5 minutess in pre-heated oven 180c / 160c fan / gas 4.
Whip the reserved butter with a little sweetener until fluffy, stir in the coconut, use to top the cakes, put jam on top.

_TIP: If you don’t want to use pre-bought Jam or you need to cut the carbohydrates further – then use a small amount of blueberries and liquid sweetener and heat them until they go mushy and a jam like consistency._

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**