WALNUT MUFFINS

- 5g Flaxseed - LINWOODS
- 2g Walnut Pieces - MORRISONS
- 4g Ground Almonds - MORRISONS
- 13g Butter
- 16g Olive Oil
- 5g Rice Flour - DOVES FARM
- 13g Egg White

You will also need a pinch of BARKAT Baking Powder, a drop of Vanilla Essence and liquid sweetener to taste.

Soften the butter until almost melted add all the dry ingredients add in the oil, mix well.
Beat the egg white until frothy and fold into the mixture with the vanilla & sweetener.
Put mixture into a silicone muffin case

Cook in oven for approx 20 minutes 190c / gas 5

Leave in silicone muffin case until the fat has settled.

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