BLUEBERRY MUFFIN - SPECIAL

- 15g Coconut powder – EAST END or TRS
- 5g Self raising flour – McDOUGALLS
- 11g Butter
- 11g Blueberries - MORRISONS
- 23g Egg whites
- 5g Egg yolks

You will also need ½ teaspoon of BARKAT baking powder and some liquid sweetener (approximately ½ teaspoon)

Pre heat oven to 190c / fan 170c / gas 5
Mix the coconut powder together with the flour and baking powder.
Beat the egg white and yolk together.
Melt the butter.
Stir all these ingredients together with the sweetener.
Place in a silicone muffin mould, then put the blueberries on top and press in to the mixture (you can mix them in to the mixture but I find you get a better distribution of them if added last).
Bake in pre heated oven for approximately 20 minutes.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION