BREACKFAST COOKIE

- 12g Butter
- 15g Shelled pecan nuts – MORRISONS
- 7g Coconut powder – EAST END or TRS
- 4g Dark chocolate – MORRISONS 72%
- 8g Double cream - MORRISONS
- 12g Eggs
- 2g Self raising flour - McDougalls

You will also need 1/8th teaspoon of BARKAT baking powder, 2 drops of vanilla extract and ½ teaspoon of liquid sweetener.

Pre heat oven to 190c / fan 170c / gas 5.
Grind pecan nuts to a paste, an electric grinder or pestle & mortar both do the job.
Melt the butter with the chocolate.
Mix all dry ingredients together, then stir in the melted butter / chocolate with the beaten egg.
Divide in to 6 mini muffin silicone baking moulds - you could make 4 large ones if preferred.
Cook for 15 minutes.

Mo's tip: Very useful for eating a meal on the go. Divides easily in to snacks!
Can be frozen in batches but do not microwave to defrost.

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