BROWNIES

- 40g Cacao – LINDT 90% DARK SUPREME
- 48g Butter
- 50g Ground almonds - MORRISONS
- 4g Cocoa - BOURNVILLE
- 50g Egg

You will also need ½ teaspoon baking powder and a good squirt of liquid sweetener.

Pre heat oven to 180c / fan 160c / gas 4.
Melt the chocolate and butter in a bowl over hot water, gradually beat in the egg.
Add liquid sweetener.
Mix in the dry ingredients.
Pour in to a greased and lined cake tin.
Cook in pre heated oven for approximately 12 – 15 minutes.
When cold cut in to portions.

If you cut in to 9 portions, this will give you 1g CHO per portion

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