BUTTERY NUT BAR

- 175g Butter
- 154g Eggs
- 60g Cocoa - BOURNVILLE
- 45g Almond butter – MYPROTEIN SMOOTH (available from Amazon)
- 75g Ground almonds – MORRISONS
- 50g Cacao – LINDT 90% DARK SUPREME
- 20g Chia seeds – SEVENHILLS
- 13g Chopped almonds – WHITWORTHS
- 35g Stevia granules (NATVIA) sweetener
- 10g BARKAT baking powder

Pre heat oven to 160c / fan 140c / gas 3.
Grind the chia seeds until smooth.
Melt the butter, add the chocolate and stir until smooth, place in a bowl, add beaten egg and all remaining ingredients EXCEPT the chopped almonds. Mix well.
Place in a silicone or lined baking tin (I used 8” x 8”), sprinkle with the chopped almonds.
Cover with parchment paper and bake in pre heated oven for 12 – 15 minutes.
Cool completely before slicing.

This makes 8 good size portions. Each one gives: 35.5g fat / 9.2g protein / 2.9g CHO
OR 16 snack portions gives: 17.5g fat / 4.6g protein / 1.4g CHO

Mo’s tip: Will keep in fridge for 10 days or freeze.

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