CLASSICAL RECIPE
3:1 RATIO

CHEESE BISCUITS using PSYLLIUM HUSKS

- 18g Butter
- 30g Almond flour flurry – HOLLAND & BARRETT
- 11g Cheddar cheese – CATHEDRAL CITY MATURE
- 2g Parmigiano-Reggiano – WAITROSE GRATED
- 10g Eggs
- 5g Psyllium husk – SAT-ISABGOL

You will also need a pinch of salt.

Pre heat oven to 170c / fan 150c / gas 4.
Grate the cheese finely.
Melt the butter and stir in the psyllium husk with a pinch of salt.
Add the almond flurry, both cheeses and beaten egg.
Stir until you get a soft dough.
Place in even sized piles on a lined baking tray and flatten to shape, or to achieve a really nice shape place in MINI muffin moulds.
Cook in pre heated oven until crisp and golden - approximately 12 minutes.
Leave to cool

Mo's tip: I made 12 mini biscuits. They are nice if served with butter if you need to get more fat in. These are very low carb but they do have high protein.

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