CHOCOLATE BROWNIE

- 17g Egg
- 2g Cocoa - BOURNVILLE
- 50g Betaquik
- 6g Ground almonds - MORRISONS
- 11g Coconut flour - TIANA

You will also need a good squirt of liquid sweetener, ¼ teaspoon of BARKAT baking powder and a few drops of vanilla extract.

Preheat oven to 190c / fan 170c / gas 5.
Lightly grease a silicon muffin mould, or two cupcake sized moulds – oil spray is useful for this.
Mix all ingredients well.
Cook in preheated oven for approximately 10 – 15 minutes.
Cool for at least 5 minutes before turning out.

Mo’s tip: TIANA coconut flour is not to be confused with TRS or EAST END which are coconut powders and are not as fine and flour like as the TIANA.

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