CHOCOLATE SHORTCAKE BISCUIT

- 7g Coconut powder – EAST END or TRS
- 2g Cocoa - BOURNVILLE
- 11g Butter
- 8g Ground almonds - MORRISONS
- 3g Plain flour - McDOUGALLS

You will also need some liquid sweetener (or your preferred choice).

Pre heat oven to 170c / fan 150c / gas 4.
Soften the butter a little, mix everything together with some liquid sweetener.
Form in to 3 balls and place on a non stick baking sheet, press gently in to 2” circles.
Cook in pre heated oven for approximately 10 – 15 minutes.
Cool on tray before removing.

Mo’s tip: Don’t be tempted to make them any larger as they are quite ‘short and will be too fragile if they are thinner.

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