KETOCAL BREAD

• 13g Self raising flour - McDougalls
• 31g KETOCAL 4:1 unflavoured
• 25g Egg

You will also need ¼ teaspoon BARKAT baking powder and a pinch of salt.

Pre heat oven to 180c / fan 160c / gas 5.
Mix together the dry ingredients then stir in beaten egg to make a dough.
Place in a container of your choice, two muffin moulds will make two bread rolls and each one will be a snack size giving just under 5g of carbs per portion.
Bake for 15 – 20 minutes depending on the size of the container used.

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