MO’s MINCE PIES using MCT

- 15g Coconut flour – TIANA
- 9g MCT oil
- 12g Cooking apples - peeled
- 4g Raisins
- 4g Ground almonds – MORRISONS
- 7g Eggs

You will also some mixed spice and liquid sweetener

Pre-heat oven to 180c / fan 160c / gas 5.
Finely chop the apples and raisins and mix with the mixed spice and sweetener.
Make the pastry by mixing the flour and ground almonds with the oil and beaten egg (keep 1g back to brush the top with), if mixture seems a bit dry add a few mls of water.
Line 4 mini patty tins with half the pastry (you will find easier to use your fingers rather than roll it).
Divide the filling equally, top with the remaining pastry (form with your fingers) brush with the egg.
Cook for approximately 15 – 20 minutes.

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