CLASSICAL RECIPE
SOFT DIET
2:1 RATIO

SOFT RECIPE CAKE using KETOCAL

- 14g Almond flour flurry – HOLLAND & BARRETT
- 12g Eggs
- 6g Self raising flour - McDOUGALLS
- 133g KetoCal liquid – vanilla flavour

You will also need ¼ teaspoon of BARKAT baking powder and a little sweetener.

Pre heat oven to 170c / fan 150c / gas 4.
Reserve 110g of the KetoCal.
Beat the remaining ingredients together with a little sweetener and ¼ teaspoon of baking powder.
Cook in 3 mini silicone moulds in pre heated oven.
Serve with the reserved Ketocal as a drink.

Mo’s tip: These cakes are very light and soft, almost melt in the mouth, but they could be served with some of the Ketocal poured on like cream if they need to be pureed consistency. These will be ok with unflavoured Ketocal liquid with a fewdrops of vanilla almond extract.

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