BEANS ON KETOBREAD TOAST

- 30g Oven baked Keto bread
- 34g Baked beans – HEINZ REDUCED SUGAR
- 9g Butter
- 10g Olive oil

You could also use a pinch of dried herbs or a little GIA garlic paste to flavour the beans.

Toast the bread and spread with butter.
Heat the beans in the olive oil.
Serve on the toast – I used two 15g slices.

Mo’s tip: For added flavour you could add a pinch of dried herbs or a little GIA paste to the beans

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