

SPECIAL OCCASION

EXTRA PER
MUFFIN
0.7 g CHO
12 g fat

CHRISTMAS SPECIAL MUFFIN



- 12g Butter
- 5g NATVIA icing
- 12g Strawberry
- Green colouring

HOW TO MAKE YOUR FAVOURITE CUP CAKE OR MUFFIN LOOK FESTIVE.

Beat butter with natvia to make butter cream, add colouring.

Cut a slice off the base of a 12g strawberry and place on cake, decorate to make it tree shaped.

Use the slice of strawberry from the base in pieces to give a bauble effect.

Butter icing can be simply spread on roughly or piped.

This will add 12g fat and 0.7g carbs to the muffin.

Check out our recipe section on the website for muffin recipes.

This recipe will need to be adapted to **EACH INDIVIDUALS** prescription. Please take this recipe to your dietitian and they will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION