CUP CAKE WITH PSYLLIUM HUSK

- 11g Coconut powder – EAST END or TRS
- 15g Ground almonds - MORRISONS
- 12g Butter
- 25g Eggs

You will also need ½ teaspoon of psyllium husks, 20mls of hot water, ½ tea spoon of BARKAT baking powder and some liquid sweetener.

Pre heat oven to 180c / fan 160c / gas 5.
Mix the hot water in to the psyllium, stir in ALL remaining ingredients.
Mix well then place in a cupcake or muffin mould.
Bake in preheated oven approximately 15 – 20 minutes.

This makes one large or two small cakes.

Mo’s tip: The butter needs to be very soft.

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