

## GOLDEN OVEN BAKED KETO BREAD



- 33g ground almonds (Fresh Life)
- 80g egg
- 37g butter (Signature Range)
- 40g golden flaxseed (Now Organic)
- 2g white vinegar
- 5g baking powder (Edmonds)
- Pinch salt

Pre-heat oven to 180 degrees C, Fan 160 degrees C, Gas 5.  
Soften the butter; beat in salt, vinegar and flaxseed.  
Beat the egg then mix in with the almonds and baking powder.  
Put in lightly greased loaf tin 8" x 4" and cook for 20 minutes.  
When cold, divide into 6 portions.

\*Mo's tip – cooking in this size tin makes a flat loaf. When it is cold each portion can be cut through the middle as shown in the photo, this makes the slices nice and firm for toasting or making sandwiches.

**If evenly divided into 6, each slice will be: Prt: 4.3 g, Fat: 12.25 g, Cho: 0.39, 129 Kcal.**

Doubling the recipe makes 9 buns using standard size muffin tins  
**Each bun Prt: 5.7, Fat: 16.3g, Cho: 0.51, 172 Kcal.**

\*2.61:1 ketogenic ratio for each slice or bun with no other meal items added. If using with other foods included, enter nutritional values as above, using '100' in the meal planner amount column. (if using 2 slices or 2 buns, enter '200' etc)

\*NB: Dietary fibre has been deducted in this recipe.

\*The flaxseed used in these recipe calculations was bought online (iherb.com). If substituting a different type or brand, or any other ingredient brand, recalculation may be required.

This recipe needs to be adapted to EACH INDIVIDUAL'S prescription. Please take this recipe to your dietitian and he / she will help you do this.

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

\*Recipe adapted and reproduced with permission from Matthews Friends UK\*