1.1:1 RATIO
2.07 g CHO

SWEET ALMOND KISSES

- 75g Eggs
- 26g Ground almonds – MORRISONS
- 4g Flaked toasted almonds - MORRISONS

You will also need 15g of TRUVIA granules or NATVIA and 1/8th teaspoon of cream of tartar.

Pre heat oven to 180c / fan 160c / gas 4.
Whisk the egg white until just stiff, then whisk in the sweetener a little at a time, continue to whisk until it is thick and glossy.
Gently fold in the ground almonds and cream of tartar.
Spoon in to mini silicone muffin moulds (greased), sprinkle on the flaked almonds (break them up a bit and divide equally).
Cook in pre heated oven for approximately 10 minutes until set and golden brown.
Loosen the edges and then lift them on to a cooling rack.

Mo's tip: Serve as they are as a little sweet treat or add cream and fruit for a nice dessert or party dish – remember to calculate in any additions.

I made 18 mini kisses from this mix, each one gives: 0.9g fat / 0.7g protein / 0.1g CHO

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