

CLASSICAL 1.59 RATIO



89.60 g fat
45.48 g protein
11.04 g CHO
Kcal: 1032

BREAD ROLLS



- 160g Almond flour flurry – HOLLAND & BARRETT
- 110g Egg white
- 25g Psyllium husk

You will also need 1 teaspoon of salt, 2 teaspoons of BARKAT baking powder, 190g boiling water and 15g white wine vinegar.

Pre heat oven to 180c / fan 160c / gas 5.

Mix the almond flour flurry with the psyllium husks, baking powder and salt.

Add the egg white and vinegar, mix well.

Pour in the BOILING water and mix until a dough forms.

Divide into 6 equal portions and then shape in to bread rolls. If you dampen your hand with water this will help with the shaping.

Brush with a little beaten egg yolk and bake in pre heated oven for approximately 40 minutes until cooked through.

Leave to cool on a wire rack.

Mo's tip: If you can't get the almond flour flurry, you could use ground almonds, but sieve them first before weighing. You will need enough to replace what doesn't pass through the sieve. The fat content will be less than the flour flurry but protein and carb is the same.

Each roll is: 14.9g fat / 7.2g protein / 1.8g 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