HOT CROSS BUNS

- 80g Almond flour flurry – HOLLAND AND BARRETT
- 52g Eggs
- 12g Psyllium husk – TELEPHONE BRAND SAT-ISABGOL
- 9g Sultanas
- 2g Orange zest
- 4g Butter

You will also need a pinch of salt, 1 teaspoon BARKAT baking powder, 7g white wine vinegar, 85g boiling water, 1 teaspoon mixed spice or cinnamon and 10g STEVIA granules or sweetener of choice.

Pre heat oven to 180c / fan 160c / gas 4.
Chop the sultanas and finely grate the orange zest then weigh it!
In a heatproof bowl mix together the almond flour, husk, sweetener, baking powder, salt, mixed spice, sultanas and orange zest.
In to this stir the beaten egg, vinegar and butter cut in to pieces, mix well.
Pour in the boiling water then stir until a stiff dough forms.
Divide in to three equal sized buns, mark each with a cross and place on a lined baking tray, cook in a pre-heated oven for approximately 25 – 30 minutes.

Mo’s tip: They can be eaten as they are or split and spread with butter.
You could divide in to 4 smaller buns which would make them an ideal snack, they would only need approximately 15 – 20 minutes cooking.
When they had cooled, I glazed them with a little JOSEPH’S sugar free maple syrup, this is optional.

Each bun if divided in to 3 will have: 17.6g fat / 7.8g protein / 4g 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