STOLLEN

- 71g Egg white
- 16g Ground almonds - MORRISONS
- 5g Orange zest
- 6g Sultanas
- 6g Dried cranberries
- 4g Butter – salted
- 12g Psyllium husk – TELEPHONE BRAND SAL-ISABGOL
- 80g Almond flour flurry – HOLLAND & BARRETT

You will also need some seasoning and ¼ teaspoon salt, 1 teaspoon BARKAT baking powder, 6g white wine vinegar, 85g boiling water, 1 teaspoon liquid sweetener, 1 teaspoon sweetener granules TRUVIA / SURKIN – your choice and a few drops of almond extract.

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

First make the marzipan: take 15g of the egg white and beat until just frothy, stir in the 16g of GROUND almonds, sweetener granules, a few drops of almond extract and butter. Set aside until needed.

Mix together the almond flurry flour, psyllium husk, Barkat, salt, orange zest, cranberries and sultanas.

Mix the vinegar with the liquid sweetener and add to the remaining 56g of egg white, mix well.

Stir into the flour mixture then pour in the boiling water, stir until a dough forms and leave to cool.

When cool, flatten out to a rectangle, then spread with marzipan evenly down the centre.

Roll it up to cover the marzipan, place on a baking tray sealed side down, brush with a little beaten egg yolk (optional) and cook for approximately 35 minutes.

This makes 6 snack portions giving 2.5 CHO per portion

Mo’s tip: When cold you could sprinkle with a little NATVIA icing. I chopped the sultanas and cranberries; you get a better distribution that way.

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