BREAKFAST BAR

- 30g Milled flaxseed, sunflower & pumpkin seeds - LINWOODS
- 3g Oats – MORNFLAKE ORGANIC
- 22g Coconut virgin oil – BIONA ORGANIC
- 10g Toasted almonds – MORRISONS FLAKED
- 3g Raisins

You will also need some liquid sweetener and flavouring – either vanilla or almond essence.

Chop the raisins.
Melt the coconut oil and then stir in all other ingredients.
Press in to a mould and leave to set.

**Mo’s tip:** These are good for travelling or packed lunches.

**PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.**

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**