CARROT MUFFIN

- 10g Alpro soya light
- 17g Carrots
- 23g Eggs
- 35g Ground almonds
- 21g Olive oil
- 10g Walnuts – kernels only

You will also need 1g of BARKAT baking powder and approximately 1 teaspoon of liquid sweetener.

Pre heat oven to 180c / fan 160c / gas 5.
Grate the carrot and chop the walnuts.
Beat all the ingredients together.
Place in a muffin mould, it makes one large or two small muffins (divide equally).
Cook in pre heated oven for approximately 20 – 25 minutes, depending on the size of the muffins.

Mo's tip: Can be batched up and frozen.

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