CHEESE FLAN

- 17g Butter
- 3g Plain flour – McDOUGALLS
- 16g Mature cheddar cheese
- 33g Eggs
- 10g Double cream
- 26g Almond flour flurry – HOLLAND & BARRETT

Pre heat oven to 170c / fan 150c / gas 4.
Grate the cheese finely then weigh it.
Start by making the pastry case.
Softened the butter then mix in 6g of the cheese, the flour and almond flurry, this will form a dough.
Place in a flan tin – it needs to been at least 4 inch and is best with a loose bottom, press it evenly over the bottom and up the sides.
Bake in a pre heated oven for approximately 15 – 20 minutes until firm and golden.
Turn the oven down to 160c / fan 140c / gas 3.
Beat the egg, stir in the cream with a little seasoning.
Place the remaining grated cheese in the pastry case and pour over the egg mixture.
Return to the oven and cook until the egg is just cooked and set, this will take approximately 15 minutes.
Leave to cool before removing from the tin.

Mo’s tip: The flan can be served warm or cold and will keep in the fridge for 2 days.
This is nice for picnics, with a little green salad if your ratio allows it.

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

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MKD
4.17g CHO

42.18 g fat
14.25 g protein
4.17 g CHO
Kcal: 453