COFFEE PECAN NUT CAKE with MCT

- 35g Eggs
- 18g MCT oil
- 15g Coconut flour - TIANA
- 17g Self raising flour - McDougalls
- 5g Pecan nuts – Morrisons shelled

You will also need a ½ teaspoon of coffee essence, or mix ½ teaspoon of instant coffee with 30mls of water, ½ teaspoon of liquid sweetener and ½ teaspoon of BARKAT baking powder.

Pre heat oven to 180c / fan 160c / gas 5.
Chop the pecan nuts finely.
Mix the flours together with the Barkat.
Stir in the oil, beaten egg, nuts, coffee and sweetener.
Bake in pre heated oven for approximately 20 minutes.

Mo’s tip: This gives 18g MCT and would make two snacks easily.

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