DONUT RINGS

- 60g Almond flour flurry – HOLLAND & BARRETT
- 30g Eggs
- 26g Double cream
- 14g Sunflower oil

You will also need 25g of water, ½ teaspoon BARKAT baking powder, 8g of sweetener granules (TRUVIA / SUKRIN / NATVIA) and some NATVIA or SUKRIN icing sweetener.

Reserve the oil and icing sweetener.
Mix all other ingredients together, including the water, to form a batter.
Place 2g of sunflower oil in each of the 7 donut moulds; brush the upper ones with the oil using a pastry brush.
Heat the machine until the oil is then divide the batter equally between the moulds, they should be full.
Close the lid and cook for 4 minutes.
Carefully remove them from the machine and toss them in icing sweetener.

Each donut ring gives: 8g fat / 2.3g protein / 0.6g CHO

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