MKD
6.07g CHO
1.5g CHO per doughnut

DOUGHNUTS

- 80g Almond flour flurry – HOLLAND & BARRETT
- 55g Egg white
- 12g Psyllium husk – TELEPHONE BRAND SAT-ISABGOL
- 40g Sunflower oil
- 12g Keto jam

You will also need 7g of white wine vinegar or cider vinegar, 90g of boiling water, a pinch of salt, 1 teaspoon BARKAT baking powder, oil for frying, some sweetener granules and 1 teaspoon liquid sweetener.

Reserve the keto jam, sweetener granules and sunflower oil. (A separate recipe for keto jam is available on the website / www.matthewsfriends.org).

Mix all the dry ingredients together.

Mix the egg white, vinegar and liquid sweetener together and then stir in to the dry ingredients.

Pour in the boiling water until it forms a ball, do not beat this, just stir gently to keep it light and fluffy.

When it has cooled a little, form in to 4 equal pieces.

Heat the oil until really hot (weight how much you are using) and fry the doughnuts until cooked and golden brown, you will need to turn them a few times, they will take 8 – 10 minutes to cook through.

Make a hole in each one, divide the jam between them (3g in each one).

Put the sweetener granules in a dish and toss the doughnuts in it.

Weigh the residue oil, you will then know how much fat you have added to the doughnuts.

Mo’s tip: I find that if you make a hole for the jam in the top rather than on the side it does not all squidge out so much when you eat it. I put 200g of oil in a medium pan and found that the doughnuts used up 40g of it, so I have included that amount in the recipe. You may want to check your own!!

If you make four each one gives: 21.2g fat / 5.7g protein / 1.5g 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