LEMON FAIRY CAKES

- 5g Butter
- 2g Cornflour
- 13g Eggs
- 1g Lemon peel
- 10g Ground almonds
- 5g Granulated sweetener – TRUVIA, SUKRIN or NATVIA

You will also need ¼ teaspoon of BARKAT baking powder.

Pre heat oven to 180c / fan 160c / gas 5.
Whiz the ground almonds through a grinder for a few seconds to make finer flour, (sieve then weigh, you will need enough to replace what doesn’t pass through the sieve).
FINELY grate the lemon zest (peel).
Soften the butter.
Beat everything together well.
Place in a silicone muffin mould or two small cupcake moulds.
Cook in pre heated muffin oven for approximately 10 – 15 minutes depending on the size.
Leave in the moulds to cool for a few minutes.

Mo’s tip: This will keep in the fridge for up to 3 days.
Freezes well.

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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