**MALT FLAVOUR LOAF**

- 80g Almond flour flurry – HOLLAND & BARRETT
- 56g Eggs
- 12g Psyllium husk – TELEPHONE BRAND SAT-ISABGOL
- 7g Molasses
- 7g Cider vinegar or white wine vinegar
- 15g Sugar free maple syrup – JOSEPH’S
- 85g Boiling water

You will also need a pinch of salt and 1 teaspoon BARKAT baking powder.

Pre heat oven to 170c / fan 150c / gas 4.
Mix together the Almond flour, husk, baking powder and salt.
Mix together the egg white, vinegar, molasses and maple syrup.
Stir the egg mixture in to the almond mix.
Pour on all the boiling water and stir until a stiff dough forms (it does this quite quickly).
Place in a small greased loaf tin or silicone mould.
Bake in a pre-heated oven for approximately 25 – 35 minutes until firm.
Cool for 2 minutes in the tin then turn out.
When cold weigh it. Then divide in to equal portions, ideally you want 5 portions as this will give you 2g of carbs in each one, this will enable you to add to a meal or use it as a snack.

**Mo’s tip:** More fat can be added in the form of butter but be sure to include in your prescription ratio.

A 40g portion gives: 9g fat / 4.6g protein / 2g CHO

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**