MINI FAIRY CAKES

- 33g Almond flour flurry – HOLLAND & BARRETT
- 22g Eggs
- 18g Butter
- 6g Coconut flour – TRS or EAST END

You will also need 1 teaspoon liquid sweetener or 6g STEVIA granules, a few drops of almond or lemon extract and ¼ teaspoon BARKAT baking powder.

Pre heat oven to 1870c / fan 160c / gas 5.
Soften the butter then beat in the sweetener, extract, 10mils of water and beaten egg. Mix in the almond flour, coconut powder and Barkat.
Place in mini cupcake moulds.
Bake in pre-heated oven for approximately 12 minutes.

Mo’s tip: these can be decorated with Natvia or Sukrin icing mixed with a little water or beaten into butter or cream if you need to add in more fat.

I made 8 fairy cakes, each cake is: 4.8g fat / 1.25g protein / 0.33g CHO making them a very low carb treat.

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