POP TART

- 10g Double cream - MORRISONS
- 14g Eggs
- 21g Ground almonds – MORRISONS
- 60g Italian mozzarella – MORRISONS **
- 40g Keto jam – see separate recipe

You will also need 5g psyllium husk, a tiny pinch of salt and some granulated sweetener of your choice.

Pre heat oven to 190c / fan 170c / gas 5.
Reserve the jam.
Melt the mozzarella in the microwave for 30 seconds, stir then melt for a further 20 seconds. ** If you are using fresh mozzarella make sure you drain it on kitchen roll first.
Beat in all other ingredients until a dough is formed.
Roll out to a square and then cut in to 4 equal pieces, they will be 3 x 3 inches.
Half the jam and spread on two of the pastry squares, leave a little border all round.
Make two slits in the middle of the other two pieces and use these to cover the jam, seal well. (You could brush with a little egg to help the seal).
Sprinkle over a little granulated sweetener (I used STEVIA).
Cook in pre-heated oven for approximately 15 minutes.

Mo’s tip: This pastry can be used to make pies (sweet or savoury), sausage rolls, base for quiches and pizza.
Batching up will be easy! Weigh then divide it in to equal pieces, just add the values of the filling to suit your ratio.
I found that rolling between baking parchment makes it easy!

Each pop tart gives: 15.5g fat / 9.5g protein / 1.9g 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