SAVOURY MUFFINS

- 30g Carrots – boiled in unsalted water
- 12g Cheddar cheese – CATHEDERAL CITY MATURE
- 41g Eggs
- 28g Flaxseed – LINWOODS MILLED ORGANIC
- 3g Self raising flour – MCDOUGALLS
- 13g Ground almonds
- 14g Butter
- 10g Spring onions

You will also need ¼ teaspoon BARKAT baking powder.

Start by soaking the flaxseed in 40mls of warm water. Soak for as long as possible.
Pre heat oven to 190c / fan 170c / gas 5/6.
Mash the carrot with the softened butter. (Good way of using leftovers).
Mix the beaten egg, flour flaxseed, chopped spring onion and finely grated cheese in to the carrot mash.
Mix well.
Place in a large muffin mould or two small ones.
Cook in pre heated oven for approximately 15 – 20 minutes depending on the size
Serve warm or cold.

Mo’s tip: Good to batch up and freeze.

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