SAVOURY MUFFIN

- 12g Mature cheddar cheese – CATHEDRAL CITY
- 30g Carrots – boiled in unsalted water
- 41g Eggs
- 13g Ground almonds
- 28g Flaxseed – LINWOODS MILLED ORGANIC
- 3g Self raising flour – McDOUGALLS
- 14g Butter
- 10g Spring onions

You will also need ¼ teaspoon of BARKAT baking powder.

Pre heat oven to 190c / fan 170c / gas 5/6.
Start by soaking the flaxseed in 40mls of warm water, soak for as long as possible.
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 of the muffins.
Serve warm or cold.

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

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.