GINGER PARKIN

- 50g Eggs
- 10g Oatmeal – MEDIUM STONEGROUND MORNFLAKE
- 30g Butter
- 50g Ground almonds
- 30g Sweetener – SUKRIN GOLD
- 5g Psyllium husk

You will also need 1 teaspoon of ground ginger, ½ teaspoon of mixed spice and 1 teaspoon of BARKET baking powder.

Pre heat oven to 180c / fan 160c / gas 5.
Melt the butter.
Mix ALL the dry ingredients together.
Beat the egg.
Stir the butter and egg in to the dry mix and beat well.
Pour in to a greased and lined small loaf tin or two mini ones.
Cook for approximately 15 – 20 minutes depending on the size of tin you have used.
Serve sliced.

Mo’s tip: This can be cut to make several treat / snacks.
It is lovely served with butter or cream if you need to get more fat in.
You will easily get 8 slices from this recipe.

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