**SPICEY BISCUITS**

- 36g Butter
- 54g Almond flour flurry – HOLLAND & BARRETT
- 6g Plain flour - McDOUGALLS
- 24g Sweetener – SUKRIN GOLD

You will also need 1 teaspoon of ground ginger or mixed spice.

Pre heat oven to 170c / fan 150c / gas 4.

Mix the dry ingredients together.

Soften the butter and then add to the dry mix, stir well until a sticky dough forms.

Shape - see Mo’s tips.

Place on a non stick baking tray, a silicone liner or baking parchment is great for this.

Cook for approximately 10 minutes.

Remove from the oven and leave to cool – they crisp up.

**Mo’s tip:** I use a cookie shaper which makes life nice and easy, but if you don’t have one just divide into 16 equal size balls and make whatever shape you like by flattening out.

I found that you can roll it out between parchment paper and use a cookie cutter (I did stars), it does take some careful handling but if you slide a palette knife under them they will lift off and onto the baking tray quite easily.

Before cooking you can make a hole in them if you are planning to thread a ribbon through to hang then on the Christmas tree.

Leave plain or decorate with edible spray glitter.

I made 16 cookies from this mixture so each one has:

3.75g fat / 0.7g protein / 0.5g CHO

**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.**

© Matthew’s Friends 2017 (maff7) Registered Charity Number 1108016