FRUIT CAKE with MCT

- 20g Eggs
- 16g Egg whites
- 18g MCT oil
- 10g Coconut flour - TIANA
- 11g Ground almonds - MORRISONS
- 7g Raisins
- 7g Sultanas
- 4g Self raising flour - McDougalls
- 6g Psyllium husk
- 16g Sweetener – SUKRON GOLD

You will also need ½ teaspoon of mixed spice (optional) and 60mls of HOT water.

Pre heat oven to 170c / fan 150c / gas 4.
Chop the sultanas and raisins, this gives a better distribution.
Mix all ingredients together beating well, adding the HOT water last.
Grease and line with parchment paper a small loaf tin 5 inch x 3 inch or similar, and pour in mixture.
Bake in pre heated oven for approximately 25 minutes.
The hot water activates the psyllium husk which helps to make the cake lighter and moist, it also absorbs the MCT oil really well.

Mo's tip: If you make the loaf shape it is easier to slice in to snack sized pieces.

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