SPONGE CAKE with MCT

- 30g Egg whites
- 7g Egg yolks
- 85g Betaquik
- 20g Self raising flour - McDOUGALLS
- 12g Ground almonds
- 14g Keto jam
- 6g Psyllium husk
- 12g Granular sweetener – TRUVIA

You will also need 3 drops pf vanilla extract.

Pre heat oven to 180c / fan 160c / gas 5.
RESERVE the jam.
Mix together the ground almonds, flour, psyllium husk and Truvia.
Beat the egg yolk, egg white and vanilla into the Betaquik.
Add the Betaquik mixture to the dry ingredients and combine well.
Leave the mixture to thicken, this will take approximately 5 minutes.
Place in two 4 inch cake tins, line the bottom to prevent sticking.
Cook for approximately 20 minutes, cool in the tin for a few minutes before turning out.
When cold sandwich together with keto jam.

Mo’s tip: This has a similar texture to a fatless sponge – it is very light.
See Keto jam recipe below.

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
KETO JAM

- 250g Raspberries
- 30g Sweetener – NATVIA or TRUVIA granules
- 30g Water

You will also need ½ - 1 teaspoon of Xanthan gum.

Put the raspberries (fresh or frozen), water and sweetener in a small saucepan and stir until simmering.
Crush the fruit (a potato masher makes this easy).
Simmer for a few minutes, stirring all the time.
If you think it needs to be sweeter at this stage you can add a few drops of liquid sweetener.
Gradually sprinkle in the Xanthan gum (1/2 teaspoon give a softer set), stir well and cook for a further 1 – 2 minutes.
When cool place in a sterile container.

Mo’s tip: This needs to be kept in the fridge.
If you use frozen fruit defrost before you add the sweetener.

100g jam gives: 1.4g protein / 4.6g CHO

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