

## CLASSICAL RECIPE 3:1 RATIO



30 g fat  
7 g protein  
2.5 g CHO  
Kcal: 308

## KETO BISCUITS using PSYLLIUM HUSKS



- 13g Butter
- 25g Ground almonds - MORRISONS
- 9g Coconut powder – EAST END or TRS
- 10g Eggs
- 5g Psyllium husk – SAT-ISABGOL

You will also need some sweetener; I used 5g of Natvia icing mix with another flavour – e.g. vanilla, almond or cinnamon.

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

Soften the butter.

Mix EVERYTHING together to form a dough.

Shape in to 10 biscuits on a non stick baking tray or press in to the base of silicone moulds. I used mini muffin moulds, this makes a nice even shape very easily.

Bake in a pre heated oven, cook until golden.

Leave on tray to cool.

The psyllium husk helps to keep the biscuit firm and not crumbly at all.

**Mo's tip:** I mixed a little more Natvia icing with a few drops of water and iced half the biscuit. This is optional and does not affect the ratio.

**Two of these biscuits make a nice snack treat to have with hot chocolate or a ketoshake.**

**2 biscuits equals: Fat: 6g Pro: 1.4g Cho: 0.5g**

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**