"American" Breakfast Waffle

TRIED & TESTED

- **Preparation time:** 5-10 minutes
- **Cooking time:** 5-10 minutes
- **Recipe makes** 1 portion

Waffle maker needed

*Recipe provides **approximately**:*

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	16g	36%	
Protein	13g	13%	
Carbohydrate	5g	6%	
Energy (calories)	396kcal	100%	

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"American" Breakfast Waffle

Ingredients	Quantity	Your recipe
Waffle		
Egg, beaten	20g	
MCT oil	5g	
Water	10g	
Butter, melted	9g	
MCTprocal™	24g	
Topping		
Spray oil	2 - 3 sprays	
Bacon, back, raw	42g	
Sugar free maple/pancake syrup e.g. Waldon Farms	A drizzle	

Method

1. Pre heat waffle maker (as per manufacturer's instructions).
2. Mix all ingredients together in a bowl until a smooth mixture has formed.
3. Spread mixture over heated waffle maker and close lid.
4. Cook for 5-10 minutes until golden.
5. Meanwhile fry bacon in spray oil for 5 minutes until cooked.
6. Remove waffle from waffle maker when cooked, place bacon on top and drizzle over the sugar free maple/pancake syrup.

Serving Suggestion

Always check with your dietitian what is suitable for you

- Serve with a fried egg

MCTprocal is a food for special medical purposes and must be used under medical supervision

MCT-ABW-0316-V1
March 16

Golden Oven Baked Bread

TRIED & TESTED

- **Preparation time:** 10-15 minutes
- **Cooking time:** 30 minutes
- **Recipe makes** 1 small loaf or 12 slices

*Recipe provides **approximately**:*

Nutritional content	Quantity		% of total energy	Your recipe
	1 loaf (12 slices)	1 slice		
MCT	60g	5g	49%	
LCT	42g	3.5g	34%	
Protein	26g	2.2g	9.5%	
Carbohydrate	21g	1.8g	7.5%	
Energy (calories)	1106kcal	92kcal	100%	

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Golden Oven Baked Bread

Ingredients	Quantity	Your recipe
Butter, softened	20g	
Ground Flaxseed e.g. Cold Milled Virginia Harvest	40g	
Vinegar	2g	
Ground Almonds	10g	
MCTprocal™	96g	
Carbohydrate free baking powder e.g. Barkat	4g	
Egg, beaten	30g	
Water	50g	

Method:

1. Pre heat oven to 200°C/fan 180°C/gas mark 6.
2. Mix together butter, flaxseed and vinegar, leave to stand for 2-3 minutes.
3. In a separate bowl mix ground almonds, MCTprocal™ and baking powder.
4. Combine mixtures together.
5. Add beaten egg and water, mix with spatula to make a batter.
6. Line the base of a 6.5" tin with baking parchment then add mixture.
7. Cook for 25 – 30 minutes until golden brown.

Serving Suggestions

Always check with your dietitian what is suitable for you

- Serve with peanut butter/sugar free jam/ cheese
- Great for toasted sandwiches

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MCT-B-0316-V1
March 16

Chocolate Brownies

TRIED & TESTED

- **Preparation time:** 10-15 minutes
- **Cooking time:** 20-25 minutes
- **Recipe makes** 2 brownies

Recipe provides ***approximately:***

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	16g	35%	
Protein	10g	10%	
Carbohydrate	10g	10%	
Energy (calories)	404kcal	100%	

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Chocolate Brownies

Ingredients	Quantity	Your recipe
Egg, beaten	15g	
betaquik®	50g	
Liquid sweetener e.g. Hermesetas	2 - 3 drops	
MCTprocal™	16g	
Ground almonds	10g	
Cocoa powder e.g. Bournville	6g	
Ground flaxseed e.g. Cold Milled Virginia Harvest	10g	
Dark chocolate, grated e.g. Supermarket own brand	9g	

Method

1. Pre heat oven to 180°C/160°C fan/gas mark 4.
2. Mix eggs, **betaquik**® and liquid sweetener together.
3. In a separate bowl add remaining ingredients and mix until combined.
4. Mix egg, betaquik and sweetener mixture into the dry ingredients until a thick batter is formed.
5. Divide into two equal portions, add to brownie tin and bake in the oven for 20-25 minutes until cooked.

Top Tips

- Good for packed lunches, picnics or a special celebration
- Try silicon moulds or muffin tins instead of a brownie tin
- For a different flavour, use carbohydrate free flavouring e.g. orange flavouring

Serving Suggestions

Always check with your dietitian what is suitable for you

- Serve with sugar free chocolate sauce e.g. Walden Farms
- Save some grated chocolate and sprinkle over the top of the cooked brownies

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MCT-CB-0316-V1
March 16

Jelly Tart

TRIED & TESTED

- **Preparation time:** 20 minutes
- **Cooking time:** 5-10 minutes
- **Chilling time:** 5-10 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	% of total energy	Your recipe
MCT	15g	45%	
LCT	13g	38%	
Protein	8g	11%	
Carbohydrate	5g	6%	
Energy (calories)	304kcal	100%	

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Jelly Tart

Ingredients	Quantity	Your recipe
Base		
Butter	4g	
Ground almonds	16g	
MCTprocal™	16g	
Water	5g	
Liquid sweetener e.g. Hermesetas	1-2 drops	
Spray oil	1-2 sprays	
Filling		
Sugar free jelly crystals e.g. Hartley's	4g	
Boiling water	10g	
betaquik®	25g	

Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.

Base

2. Add butter, ground almonds and MCTprocal™ into bowl, rub together with fingertips until you get a crumbly texture.
3. Add water and liquid sweetener mix with spatula to form dough like mixture.
4. Spray a 3" inch loose bottom tin with oil and press mixture around tin until evenly distributed.
5. Add a layer of greaseproof paper on top of mixture and place in oven (bake blind) for 5–10 minutes until golden.

Filling

6. Add jelly crystals to boiling water and stir until dissolved.
7. Add **betaquik®**, stir and pour on top of cooked base.
8. Place into refrigerator for 5–10 minutes or until set.

Serving Suggestions

Always check with your dietitian what is suitable for you

- Serve with fruit or cream
- Use different flavours of sugar free jelly for variety

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MCT-JT-0316-V1
March 16

Pizza

- **Preparation time:** 15-20 minutes
- **Cooking time:** 10-15 minutes
- **Recipe makes** 1 portion

*Recipe provides **approximately**:*

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	15.5g	35%	
Protein	12.8g	12%	
Carbohydrate	7.8g	8%	
Energy (calories)	402kcal	100%	

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Pizza

Ingredients	Quantity	Your recipe
Pizza Base		
MCTprocal™	32g	
Ground almonds	5g	
Butter	5g	
Egg, beaten	15g	
Water	10g	
Topping		
Tinned chopped tomatoes	25g	
Cheddar cheese, grated	15g	
Parmesan cheese, grated	5g	
Italian mixed herbs	A pinch	

Method

1. Pre heat oven to 180°C/160°C fan/gas mark 4.

Pizza base

2. Mix MCTprocal™ with ground almonds, using fingertips rub in butter until a sandy/ crumbly texture is formed.
3. Add water and beaten eggs to mixture.
4. Spread mixture into a 5 inch circle on greaseproof paper.

Topping

5. Spread tomatoes over base, sprinkle both cheeses and herbs on top.
6. Cook for 10-15 minutes until golden brown.

Top Tip

- For a crispier base, pre-cook base for 5 minutes before adding topping and finish oven for 10 minutes

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MCT-P-0316-V1
March 16

Sweet Pancake

- **Preparation time:** 5 minutes
- **Cooking time:** 5 minutes
- **Recipe makes** 1 large pancake

Recipe provides ***approximately****:*

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	47%	
LCT	16g	38%	
Protein	7.8g	8%	
Carbohydrate	6.7g	7%	
Energy (calories)	382kcal	100%	

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Sweet Pancake

Ingredients	Quantity	Your recipe
Egg, beaten	30g	
Butter, melted	15g	
MCTprocal™	32g	
Water	10g	
Liquid sweetener e.g. Hermesetas	1 - 2 drops	
Spray oil	1 spray	
Sugar free maple/pancake syrup e.g. Waldon Farms	A drizzle	

Method

1. Mix all ingredients together into a smooth batter.
2. Heat spray oil in a small frying pan over medium heat and add batter.
3. Cook for 2 minutes, flip pancake and cook for a further 2 minutes until golden brown.
4. Roll pancake then drizzle with sugar free maple/pancake syrup.

Top Tips

- Ensure pan is hot before adding the mixture
- Recipe can make 2 smaller pancakes (10g MCT each)

Serving Suggestions

Always check with your dietitian what is suitable for you

- Serve with cream or fruit
- Serve with sweetener and lemon juice

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MCT-SWP-0316-V1
March 16

Sweet Waffle

- **Preparation time:** 5-10 minutes
- **Cooking time:** 5-10 minutes
- **Recipe makes** 1 portion

Waffle maker needed

*Recipe provides **approximately**:*

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	47%	
LCT	15g	35%	
Protein	9g	9%	
Carbohydrate	9g	9%	
Energy (calories)	387kcal	100%	

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Sweet Waffle

Ingredients	Quantity	Your recipe
Egg, beaten	25g	
MCT oil	5g	
Water	10g	
Butter, melted	15g	
Liquid sweetener e.g. Hermesetas	1 - 2 drops	
Skimmed milk powder e.g. Asda or Marvel	8g	
MCTprocal™	24g	
Sugar free maple/pancake syrup e.g. Waldon Farms	A drizzle	

Method

1. Pre heat waffle maker (as per manufacturer's instructions).
2. Mix all ingredients together in a bowl until a smooth mixture has formed.
3. Spread mixture over heated waffle maker and close lid.
4. Cook for 5-10 minutes until golden.
5. Remove from waffle maker and drizzle sugar free maple/pancake syrup over the top.

Top Tips

- Perfect as a breakfast or dessert
- Sprinkle with cinnamon for a sweet and spicy flavour

Serving Suggestion

Always check with your dietitian what is suitable for you

- Serve with cream/fruit

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MCT-W-0316-V1
March 16