

## SIDE DISH

**MEAL 2.64:1 Ratio**

74 g fat

25 g protein

3 g CHO

Kcal: 778

# GOLDEN OVEN BAKED KETO BREAD



- 33g Ground almonds - MORRISONS
- 80g Eggs
- 37g Butter
- 40g Flaxseed – GOLDEN OMEGA milled (VIRGINIA HARVEST)

You will also need 1 teasp of BARKAT baking powder (do not use others which are high in carb) and 2g of white vinegar.

Pre heat oven to 180c / fan 160c / gas 5.

Soften the butter; beat in the salt, vinegar and golden flaxseed.

Beat the egg then mix in with the almonds and baking powder.

Put in to a lightly greased loaf tin 8" x 4" and cook for 20 minutes.

**When cold divide into at least 6 portions this will give**

**Per slice: Fat: 12.3g Pro: 4.1g Cho: 0.5g**

**Mo's tip:** Cooking it in this size tin makes a flatish loaf. When it is cold each portion can be cut through the middle as shown in this photo, this makes the slices nice and firm for toasting or making sandwiches. I bought the golden flaxseed from Amazon.

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**