

## CLASSICAL RECIPE 2:1 RATIO



159.17 g fat  
54.30 g protein  
19.43 g CHO  
Kcal: 1727

## SESAME CRACKERS using PSYLLIUM HUSKS



- 170g Almond flour flurry – HOLLAND & BARRETT
- 70g Sesame seeds
- 48g Eggs
- 10g Olive oil
- 8g Psyllium husk – SAT-ISABGOL

You will also need  $\frac{3}{4}$  teaspoon of salt.

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

Line a baking tray with non stick paper or silicone sheet.

Mix together the almond flurry, salt, psyllium husk, sesame seeds and oil with approximately 20mls of warm water to form a stiff dough.

Place the dough on a sheet of baking paper, cover with another, then roll out thinly – needs to be no more than 3mm thick, 2mm is good! It should end up as a 10 inch x 10 inch square.

Take the top layer of paper off, then slide dough on to the baking tray, with a sharp knife or pizza cutter, cut the dough in to 25 equal crackers.

Bake for approximately 15 minutes until golden brown and crisp.

Leave to cool.

**If you make 25, each cracker will give you: 6.3g fat / 2.1g protein / 0.7g CHO**

**Mo's tip:** When cold they can be stored in an airtight container. If they soften up after being stored you can crisp them up again in the oven.

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**