EASTER TREAT – NUT FREE

- 11g Butter
- 3g Cacao butter – SEVENHILLS ORGANICS
- 2g Cocoa BOURNVILLE
- 16g Eggs
- 9g FiberFlour – www.lowcarbmegastore.com
- 4g 90% cocoa dark supreme - LINDT
- 10g Clotted cream
- 7g Granular sweetener

You will also need 1g BARKAT baking powder, a few drops of vanilla extract, a few drops of orange extract and ½ teaspoon of liquid sweetener.

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

Reserve the clotted cream.

Melt the cacao and Lindt chocolate with the liquid sweetener and orange extract, use to make little eggs or chicks in moulds – leave to set.

Mix together the FiberFlour, cocoa, baking powder and granular sweetener.

Softened butter.

Beat in the FiberFlour mix with the beaten egg and vanilla extract.

Place in small silicone mould of your choice.

Bake in pre heated oven for approximately 12 minutes until risen and firm.

When cold roughly spread with clotted cream, then add the chocolate eggs / chicks.

Mo’s tip: Easy to batch up and good for all the family.

If you don’t want to make the chicks / eggs you could cut the cake through the middle and sandwich together with the cream and then spread the melted chocolate on top.

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

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