

**MKD**  
see below for **CHO**  
per pastry type



68.58 g fat  
40.41 g protein  
5.28 g CHO  
Kcal: 800

## MINI DANISH PASTRIES



- 17g Double cream - MORRISONS
- 43g Ground almonds - MORRISONS
- 27g Eggs
- 125g Italian mozzarella - MORRISONS
- 10g Blueberries
- 6g Pecan nuts – MORRISONS (shelled)
- 6g Mature cheddar cheese
- 10g Psyllium husk

You will also need ½ teaspoon of MARMITE, 1 teaspoon of JOSPEH'S sugar free maple syrup, ½ teaspoon of TRUVIA or NATVIA granules.

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

Mix together the almond and husks.

Mix together the egg and cream.

Melt the sliced mozzarella in a microwave for 60 seconds, stir then melt for a further 30 seconds. Beat in the almond mix, then the egg mix, beat until a dough is formed and leave to cool for 3 minutes.

Using parchment paper roll the pastry out to an 8 inch square. By folding the paper and rolling towards the fold you can get a nice square edge - see photo.



Cut in to 4 equal squares:

**SQUARE 1:** spread with the Marmite then roll up like a swiss roll. Cut in to 4 slices. Turn on it's edge and place on a non-stick baking tray or in shallow patty tins, press them down to flatten a little – see photo.



**SQUARE 2:** Grate the cheddar cheese finely, sprinkle evenly over the pastry, roll up and proceed as you did with square 1.

**SQUARE 3:** Chop the blueberries and mix with the sweetener, sprinkle evenly over the pastry and proceed as before.

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**SQUARE 4:** Chop the pecans, sprinkle evenly over the pastry and drizzle with the maple syrup, proceed as before.

Cook for approximately 15 minutes until golden. Cool for a few minutes before removing from the baking tray.

**Mo's tip:** These make great treats / snacks with the values shown below.  
By using just **ONE** pastry as a treat, you are getting a good portion of FAT, some protein, but a tiny amount of carb.  
I sprinkled a little SUKRIN GOLD over the sweet ones for extra flavour, but this is optional.  
These will batch up and freeze well.

**4 x MARMITE pastries: 15.5g fat / 9.5g protein / 1g CHO**  
**4 x CHEESE pastries: 16.5g fat / 11g protein / 1g CHO**  
**4 x PECAN pastries: 20g fat / 10g protein / 1.3g CHO**  
**4 x BLUEBERRY pastries: 15.5g fat / 9.5 protein / 2g CHO**

**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**