ONION BHAJIS

- 50g Eggs
- 40g Almond flour flurry – HOLLAND & BARRETT
- 90g Onions
- 20g Vegetable oil

You will also need 1 teaspoon of ground cumin, 1 teaspoon of ground coriander, ¼ teaspoon of salt and extra oil for frying.

Slice the onion as finely as you can.
Put the frying oil into a deep sided frying pan and heat.
Mix together the almond flour, spices and salt, beat in the egg and 20mls of oil to make a batter.
Add the onion and coat well in the batter.
When the oil is really hot drop spoonful’s of the onion mixture in and cook for a minute or two, then turn to cook evenly on the other side, you should get 6 bhajis.
Do not cook too many at the same time. When they are crisp and brown, remove from the oil and place on kitchen roll.
Serve as soon as possible

Mo’s tip: Each bhaji will have a little extra fat as it will be taken up from the cooking oil. If you need to know the amount, weight the oil before heating then weigh it again after cooking, you can then calculate how much was used. If you have any left over for another meal, they will reheat in a hot oven quite well.

Each bhaji will be: 7.8g fat / 2.6g protein / 1.6g 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