SCONES

- 20g Butter
- 26g Keto jam – separate recipe available
- 52g Eggs
- 4g Psyllium husk
- 90g Almond flour flurry – HOLLAND & BARRETT
- 44g Double cream

You will also need 1 teaspoon of BARKAT baking powder and 2 teaspoons of TRUVIA granular sweetener or a sweetener of your choice.

Pre heat oven to 190c / fan 170c / gas 6.
Mix together the almond flurry, psyllium husk, baking powder and sweetener.
Rub in the butter.
Mix with the beaten egg and leave to stand for 5 minutes
Shape in to 2 rounds and bake in a pre heated oven for approximately 15 minutes.
Serve with the keto jam and whipped cream – each portion has 22g of cream and 13g of keto jam.

**Mo’s tip:** It is best to divide the mixture in to 2 even portions and shape with your fingers.
You could use clotted cream but would need to reduce to 30g / 15g per scone.

**This makes 2 scones, each one has:** 46.9g fat / 13.2g protein / 4.1g 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**