MKD
6.07g CHO TOTAL
1g CHO per cookie

SPOOKY COOKIES

- 27g Almond flour flurry – HOLLAND & BARRETT
- 18g Butter
- 16g Cocoa dark supreme – LINDT 90%
- 8g Liquorice wheels – BARRATT’S

You will also need some sweetener of your choice, I find powder good for biscuits and used 12g of Natvia icing, a good pinch of mixed spice or cinnamon, or if preferred a few drops of any flavour extract (optional).

Pre heat oven to 170c / fan 150c / gas 3 - 4.
Cut the liquorice to make 48 legs and reserve with the Lindt chocolate.
Soften the butter and mix in the almond flurry, sweetener and flavouring.
Shape the dough to 6 equal rounds, not too thin.
Cook for approximately 10 minutes.
When cold, melt the Lindt chocolate and cover each biscuit equally.
Decorate using the liquorice to form spiders' legs and little dots to form eyes

Mo’s tip: You could use dots of cream or little dots of icing for the eyes.
You can buy small tubes of writing icing, if you are very sparing with them they won’t affect the ratio.
I used little chocolate Crispies from Morrisons which are sold for cupcake decorating, the whole pot only weights 44g and it contains hundreds so 12 ‘eyes’ will weigh nothing!

Each spider cookie has: 6.4g fat / 1.2g protein / 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

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