**MINI BANANA LOAF**

- 27g Ground almonds
- 14g Bananas
- 42g Unsalted butter
- 30g Eggs
- 16g ZERO Banana syrup - www.cardiffsportsnutrition.co.uk/yummy-and-fit

You will also need ¼ teaspoon of BARKAT baking powder and 10g of TRUVIA granules or granular sweetener of your choice.

Pre heat oven to 180c / fan 160c / gas 5.
Reserve 16g of butter and the 16g of Zero banana syrup.
Melt the remaining butter and dissolve the Truvia in it.
Mash the banana then beat in the butter, add the ground almonds and the Barkat, then beat everything together with the beaten egg.
Divide between two greased mini loaf tins.
Cook for approximately 15 minutes.
When cold beat the reserved butter until light and fluffy with the Zero syrup.
Divide equally and spread on top of each loaf.

**Mo’s tip:** These will keep in a plastic box in the fridge for 3 days.

Makes two snack portions giving per portion: 26g fat / 5g protein / 2.5g 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**