PUMPKIN MUFFINS

- 20g Butter
- 51g Eggs
- 36g Ground almonds
- 10g Olive oil
- 3g Orange zest
- 2g Psyllium husk
- 38g Pumpkin flesh
- 10g Double cream
- 18g SUKRIN GOLD sweetener
- 24g Icing sweetener – NATVIA or SUKRIN

You will also need ¼ teaspoon of BARKAT baking powder, a few drops of orange extract and some orange and black food colouring.

Pre heat oven to 180c / fan 160c / gas 5.
Reserve the butter, cream, icing sweetener and orange extract.
Grate the pumpkin and the orange zest finely then weigh it.
Mix together the Sukrin gold, ground almonds, Barkat baking powder, grated pumpkin and orange zest. Beat the egg and olive oil together then add to the other ingredients.
Mix well and divide equally in to two lightly greased muffin moulds.
Cook for approximately 15-20 minutes.
Make the butter icing by beating together the softened butter, cream and icing with a few drops of orange extract and colouring. When the muffins are cold spread on top, decorate as you like!

Mo’s tip: Sukrin gold is a brown sugar substitute with a lovely flavour which adds to the texture of cakes. You can substitute with your preferred sweetener. The butter must be at room temperature to obtain a fluffier butter icing.

If divided in to 2 muffins each one gives: 28g fat / 7.3g protein / 2.54g 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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