STRAWBERRY ALMOND KISSES

- 26g Almond flour flurry – HOLLAND & BARRETT
- 4g Toasted flaked almonds – MORRISONS
- 73g Egg whites
- 10g ZERO strawberry syrup - www.cardiffsportsnutrition.co.uk/yummy-and-fit

You will also need 1/8 teaspoon of cream of tartar and 10g of TRUVIA or NATVIA granules.

Pre heat oven to 180c / fan 160c / gas 4.
Whisk the egg white until just stiff, then whisk in the sweetener and syrup adding a little at a time, continue to whisk until it is thick and glossy.
Gently fold in the almond flour flurry and cream of tartar.
Place in small heaps on a baking tray lined with silicone or non-stick paper.
Sprinkle on the flaked almonds - break them up a bit and divide equally.
Cook in a pre heated oven for 10 minutes until set and golden brown,
Serve as they are as a sweet treat, or add ice cream and a drizzle of the syrup for a nice dessert.

Mo’s tip: These are not crisp, just soft and easy to eat.
If preferred the flaked almonds could be left out.

This mix makes 22 mini kisses – each one gives: 0.7g fat / 0.6g protein / 0.09g CHO making each one on it’s own an almost ‘free’ treat!

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