

**3.86:1 RATIO
0.2g CHO PER
BISCUIT**



29.92 g fat
5.78 g protein
1.97 g CHO
Kcal: 300

BUTTER BISCUITS



- 18g Butter
- 27g Almond flour flurry – HOLLAND & BARRETT

You will also need some sweetener of your choice, (I find powder good for biscuits I used 12g of NATVIA icing), a 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 or 4.

Soften the butter and mix in the almond flurry, sweetener and flavouring.

Shape the dough to your own design, when needing something seasonal, Christmas trees or stars look nice.

Cook for approximately 10 minutes depending on the size.

When cold you can decorate using NATVIA or SUKRIN icing with a little colouring, or if you need to get more fat in you can make some butter icing with unsalted butter and NATVIA / SUKRIN icing.

Mo's tip: I used a cookie shaper to make mine, it was easy to use, it made 9 biscuits. You can of course make bigger biscuits, 6 medium or 3 large, just divide the values by the number biscuits you make to get the value of each biscuit. Very useful for special treats or snacks.

I made 9 biscuits, each one gives: 3g fat / 0.6g protein / 0.2g 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