KEETO’S CEREAL USING KETOCAL
From an original recipe by Harry’s mum Dervla

• 7g Flaxseed – LINWOODS milled organic
• 2g Cocoa - BOURNVILLE
• 8g KetoCal 4:1 unflavoured
• 4g Butter
• 2g Virgin coconut oil – BIONA ORGANIC
• 11g Eggs

You will also need a pinch of BARKAT baking powder and 10mls of hot water.

Pre heat oven to 180c / fan 160c / gas 4.
Mix all ingredients together.
Place in small piles on a baking tray and bake for 7 – 10 minutes.
Serve with cream or KetoCal liquid – this will add to the fat content so measure how much you give.

Mo's tip: I made 12 medium but this would easily make 15 small pieces.

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