APPLE TURNOVER

- 35g Ground almonds
- 41g Double cream
- 110g Grated mozzarella – MORRISONS
- 20g Eggs
- 49g Cooking apples
- 8g Psyllium husk

You will also need some liquid sweetener and a pinch of cinnamon.

Pre heat oven to 170c / fan 150c / gas 4.
First cut the apple into slices and cook for just a minute in a little water (not too much).
Add some liquid sweetener – how much will depend on the apples, but not too much, leave to go cold.
Melt the mozzarella in a microwave.
Mix together the ground almonds, psyllium husk, egg and 11g of the cream, RESERVE 30g for serving.
Mix well to form a dough, weigh it then halve it.
Roll each half in to approximately 4-inch rounds.
Weigh the apple and divide into 2 portions.
Place each apple portion on to the pastry and sprinkle on a little cinnamon (optional).
Brush the edges with a little egg, then turn over to form a pasty shape.
Seal the edges well, brush the top with a little egg and make a slit in the top for steam to escape.
Bake for approximately 20 minutes.
Serve with 15g cream with each turnover.

Mo’s tip: These are good for freezing / lunch box / teatime.

One turnover with cream gives: 32.6g fat / 18.5g protein / 5.1g 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.