CARROT AND ORANGE MINI LOAF

You will also need ¼ teaspoon of BARKAT baking powder and a few drops of orange extract.

Pre heat oven to 180c / fan 160c / gas 5.

Reserve the butter, ICING and orange extract.

Chop the pecans, grate the carrot and the orange zest finely, then weigh.

Mix together the Sukrin GOLD, ground almonds, psyllium husk, chopped pecans, Barkat baking powder, grated carrot and orange zest.

Beat the egg and olive oil together, then add the other ingredients.

Mix well, divide equally between two lightly greased mini loaf tins 4-inch x 2.5-inch.

Cook for approximately 15 minutes.

Make the butter icing by beating together the softened butter and ICING with a few drops of orange extract.

When the mini loaves are cold, divide the butter icing equally and spread on top.

Mo’s tip: Sukrin GOLD is a brown sugar substitute with a lovely flavour, which adds to the texture of the cakes. But you can substitute with your preferred sweetener.

This is a good way of getting some veggie’s in!!

Each mini loaf gives: 28g fat / 7.3g protein / 2.5g CHO

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

This recipe will need to be adapted to EACH INDIVIDUAL’s 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.