CHEESE NIBBLES

- 29g Ultra fine fiberflour – from LONJEVITY FOODS / www.lonjevity-foods.com
- 12g Mature cheddar cheese – finely grated
- 7g Ground almonds
- 17g Butter

You will also need a tiny pinch of salt.

Pre heat oven to 170c / fan 150c / gas 4.
Mix together the fiberflour and ground almonds with a tiny pinch of salt.
Rub in the butter and stir in the FINELY grated cheese.
Mix to a dough with approximately 2 teaspoons of cold water.
Roll out evenly, not too thin, between 2 pieces of parchment paper.
Shape as preferred, I used an assortment of little festive cutters.
Because they are not very big, they cook in approximately 12 minutes in a pre heated oven.

Mo’s tip: Divide the total recipe by the number of nibbles you make to make it easier to add to the daily meal allowance.
These are handy to have available at parties as a replacement to crisps etc.

I made 25 pieces so 5 pieces will be: 4.5g fat / 2g protein / 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

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