QUICHE

- 50g Ground almonds
- 50g Double cream
- 156g Italian mozzarella – MORRISONS
- 150g Eggs
- 12g Psyllium husk
- 62g Mature cheddar cheese
- 50g Ham

You will also need salt and pepper or mixed herbs, plus salad (see Mo's tips).

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

**First make the pastry:** Mix together the ground almonds, psyllium husk and a pinch of salt.

Mix together 22g of the cream and 32g of beaten egg.

Slice the mozzarella and melt in the microwave until milky, immediately beat in the almond mix, then beat in the cream mixture. Beat it well and it will form a dough quite quickly and easily. Roll out between two pieces of baking parchment, it rolls very easily!! Roll until it fits a 7-inch flan tin – loose bottom is best. Leave to rest in the fridge for 10 minutes.

Cook for 10 minutes and leave to cool.

**Turn oven down to 150c / fan 140c / gas 4.**

Next grate the cheddar and weigh it, chop the ham.

Mix together the remaining beaten egg and remaining cream, season with salt and pepper or mixed herbs.

Put the ham and cheese evenly into the pastry case then pour over the egg mixture.

Cook for approximately 25 minutes until the egg is cooked.

**Mo’s tip:** This needs to be divided in to 2 portions.

To be served with a salad made from 55g tomatoes, 35g lettuce, 40g cucumber and 10g grated carrot. Plus oil or mayonnaise dressing if required.

**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**