MUFFINS WITH LUPIN FLOUR

- 20g Lupin flour
- 30g Egg
- 12g Ground almonds
- 10g Blueberries
- 30g Butter
- 10g TRUVIA granules – or sweetener of your choice
- 2g Baking powder – BARKAT
- 10g Water

Pre heat oven to 180c / fan 160c / gas 5.
Reserve the blueberries.
Soften the butter and beat in the sweetener granules.
Add the egg, ground almonds, lupin flour and Barkat, mix well and divide between 2 lightly greased muffin moulds.
Pop the blueberries on top of the mixture making sure there is 5g in each one.
Bake for 15 – 20 minutes.

Mo’s tip: These will batch up and freeze well.
Lupin flour does make a nice light cake, low in carbs but high in fat and protein.
Lupin flour is from the peanut family and is not recommended to anyone with any nut allergy.
All instructions etc. on the Lupin flour package are in German.

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