NUT FREE BACON MUFFINS

- 10g Streaky bacon rashers
- 27g Butter
- 6g Mature cheddar cheese
- 24g Eggs
- 14g Golden omega milled flaxseed – VIRGINIA HARVEST
- 6g Spring onions
- 10g Ultra fine fiberflour – LONJEVITY FOODS
- 25g Double cream

You will also need ¼ teaspoon of BARKAT baking powder, a pinch of dried herbs and pepper (optional).

Pre heat oven to 170c / fan 150c / gas 5.
Reserve 11g of the butter for serving.
Chop the bacon into fairly small pieces.
Soften the remaining butter, grate the cheese and finely chop the onion.
Mix the Fiberflour, flaxseed and Barkat together.
Mix in the butter, cheese, onion and bacon, combine with the beaten egg and cream. You can add a pinch of dried herbs or a little pepper.
Put in a muffin mould and leave to stand for 10 minutes.
Cook for approximately 20 minutes until risen and brown.

Mo’s tip: This muffin is a very low carb, so will allow the addition of vegetables or salad to complete the meal if required.
They batch up well and freeze, but when you batch up, keep the bacon to one side and add when you have weighed out the mixture for each muffin, this ensures you get the correct amount in each one.

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.