MO’S MODIFIED-KETO Mini Loaves

CHECK OUT MO’S RECIPES FOR TASTY MINI LOAVES YOU’LL LOVE!

Mo gives the name of the brands she has used, if other brands are used check the labels for values.

THE TINS MO USED - 4”x2.5”
FOR ALL RECIPES THE TINS NEED TO BE LIGHTLY GREASED
Mo’s Modified-Keto Mini Loaves

**Ginger Parkin Mini loaf**

**INGREDIENTS**
- 30g Ground Almonds
- 20g Butter
- 50g Eggs, whole, raw
- 4g Oats So Simple Quaker
- 1g Ginger, ground

**YOU WILL ALSO NEED:**
- 15g of SUKRIN GOLD sweetener & 1/4 teasp Barkat baking powder.

**RECIPE TOTALS:**
- Fat: 43.20
- Cho: 5.15
- Protein: 13.52
- Kcal: 418

**CLASSICAL RATIO:** 2.85:1

**DIRECTIONS**
- Pre-heat oven to 180c/160c Fan/Gas 5
- Lightly grease 2 mini loaf tins 4"x2.5"
- Chop the sultanas then soak them in a little warm water
- Pre-heat the oven 180c/Fan 160c/Gas 5
- Mix together the Sukrin GOLD, ground almonds, chopped pecans, Barkat baking powder, grated carrot & orange zest
- Beat the egg and olive oil together then add to the other ingredients.
- Mix well. Divide equally between two lightly greased mini loaf tins 4"x2.5"
- Make the butter icing by beating together the softened butter & ICING with a few drops of Orange extract
- When the mini loaves are cold divide the butter icing equally and spread on top
- Sukrin GOLD is a brown sugar substitute with a lovely flavour and adds to the texture of cakes. But you can substitute your preferred sweetener

**Each Mini Loaf Has:**
- Fat: 20.58g
- Cho: 1.48g
- Protein: 7.22g
- Kcal: 220g

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**Carrot and Orange Mini Loaf**

**INGREDIENTS**
- 36g coconut flour TRS or East End
- 6g Sultanas
- 15g Butter
- 50g Eggs, whole, raw
- 8g FiberFlour from Low carb Megastore

**YOU WILL ALSO NEED:**
- You will also need 8g Truvia Granules or sweetener of your choice.
- 1/4 teasp Barkat Baking powder and a good pinch of cinnamon or mixed spice

**RECIPE TOTALS:**
- Fat: 39.97
- Cho: 1.24
- Protein: 10.27
- Kcal: 433

**CLASSICAL RATIO:** 2.1:1

**DIRECTIONS**
- Chop the sultanas this helps to give a better distribution then soak them in a little warm water
- Pre-heat the oven 180c/Fan 160c/Gas 5
- Lightly grease two mini loaf tins 4"x2.5"
- Soften the butter then mix all the ingredients together except the sultanas
- When the mixture is ready drain the sultanas and stir into the mixture then divide equally between the two mini loaf tins
- Cook for approx 15 mins

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**Dairy Free Chocolate Mini Loaf**

**INGREDIENTS**
- 38g Almond Flour Flurry Holland & Barrett
- 4g Cocoa Powder Dr.Oetker
- 15g Olive oil
- 45g Eggs, whole, raw
- 2g Psyllium Husk

**YOU WILL ALSO NEED:**
- 1/4 teasp Bicarbonate of Soda & 1/4 teasp Vanilla extract
- 10g of Truvia granules.

**RECIPE TOTALS:**
- Fat: 41.16
- Cho: 2.98
- Protein: 14.45
- Kcal: 440

**CLASSICAL RATIO:** 2.36:1

**DIRECTIONS**
- Preheat oven 180c/160c/gas 5
- Lightly grease 2 mini loaf tins 4"x2.5"
- Mix the cocoa & vanilla extract with a few drops of water to make a paste
- Whisk together the egg and olive oil with the Truvia granules until light & frothy
- Then stir in the cocoa paste followed by the Almond Flurry
- Mix well then divide into the mini loaf tins and cook for approx 15 mins
- This mixture is quite runny so don’t worry!
- These will batch up and freeze well

**Each Mini Loaf Has:**
- Fat: 20.58g
- Cho: 1.48g
- Protein: 7.22g
- Kcal: 220g

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**Nut Free Mini Sultana Loaf**

**INGREDIENTS**
- 36g Almonds, young, raw
- 8g Pecan nuts
- 35g Ground Almonds
- 10g Olive oil
- 49g Eggs, whole, raw

**YOU WILL ALSO NEED:**
- 15g of Truvia Granules or sweetener of your choice.
- 1/4 teasp Barkat Baking power and a good pinch of cinnamon or mixed spice

**RECIPE TOTALS:**
- Fat: 56.13
- Cho: 5.08
- Protein: 15.24
- Kcal: 458

**CLASSICAL RATIO:** 2.85:1

**DIRECTIONS**
- Reserve the butter and ICING & orange extract
- Chop the pecans. Grate the carrot & the orange zest finely then weigh it.
- Pre-heat oven 180c/Fan 160c/Gas 5
- Mix together the Sukrin GOLD, ground almonds, chopped pecans, Barkat baking powder, grated carrot & orange zest
- Beat the egg and olive oil together then add to the other ingredients.
- Mix well. Divide equally between two lightly greased mini loaf tins 4"x2.5"
- Make the butter icing by beating together the softened butter & ICING with a few drops of Orange extract
- When the mini loaves are cold divide the butter icing equally and spread on top
- Sukrin GOLD is a brown sugar substitute with a lovely flavour and adds to the texture of cakes. But you can substitute your preferred sweetener

This is a good way of getting some veg in!
### Cheese and Courgette Mini Loaf

**INGREDIENTS**
- 27g Ground Almonds
- 29g Butter
- 32g Eggs, chicken, white, raw
- 3g Hazelnuts Chopped & Roasted

**RECIPE TOTALS:**
- Fats: 40.75g
- Cho: 5.00g
- Protein: 9.79g
- Kcals: 426

**EACH MINI LOAF HAS:**
- Fats: 20.37g
- Cho: 2.50g
- Protein: 4.89g
- Kcals: 213

**CLASSICAL RATIO:** 2.69:1

**DIRECTIONS**
- Preheat oven to 180°C/Fan 160°C/Gas 5
- Melt the butter
- Whisk the egg whites til almost stiff then gradually whisk in the ICING sweetener
- Continue til it has stiff peaks
- Gently fold in the ground almonds and flour
- Then gently stir in the melted butter
- Place in x2 lightly greased mini loaf tins 4”x2.5”
- Sprinkle with the chopped hazelnuts equally divided
- Cool a little in the tin before turning out
- Good to batch up.

**YOU WILL ALSO NEED:**
- 14g SukrinMELIS icing or 9g Natvia ICING sweetener.

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### Herb and Cheese Mini Loaf

**INGREDIENTS**
- 20g Sesame Flour
- 15g Cheese Mature Cheddar
- 35g Butter
- 50g Eggs, whole, raw

**RECIPE TOTALS:**
- Fats: 43.91g
- Cho: 4.79g
- Protein: 22.72
- Kcals: 505

**EACH MINI LOAF HAS:**
- Fats: 21.95G
- Cho: 105G
- Protein: 21.36G
- Kcals: 108

**CLASSICAL RATIO:** 1.6:1

**DIRECTIONS**
- Grate the cheese finely weigh it then reserve 5g of it
- Pre-heat oven 180°C/Fan 160°C/Gas 5
- Soften the butter
- Antique the egg whites til almost stiff then gradually whisk in the ICING sweetener
- Continue til it has stiff peaks
- Gently fold in the ground almonds and flour
- Then gently stir in the melted butter
- Place in x2 lightly greased mini loaf tins 4”x2.5”
- Sprinkle with the chopped hazelnuts equally divided
- Cool a little in the tin before turning out
- Good to batch up.

**YOU WILL ALSO NEED:**
- 1/2 tsp Barkat baking powder and 1/2 tsp of dried herbs of your choice.

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### Rhubarb and Hazelnut Mini Loaf

**INGREDIENTS**
- 10g Fiber Flour from fiberflour.org
- 30g Ground Almonds
- 30g Courgette, raw
- 20g Cheese Mature Cheddar
- 34g Eggs, whole, raw
- 17g Olive oil

**RECIPE TOTALS:**
- Fats: 42.52g
- Cho: 3.33g
- Protein: 21.26
- Kcals: 508

**EACH MINI LOAF HAS:**
- Fats: 21.26g
- Cho: 1.66g
- Protein: 5.81g
- Kcals: 221

**CLASSICAL RATIO:** 2.89:1

**DIRECTIONS**
- Pre-heat oven 180°C/Fan 160°C/Gas 5
- Grate the courgette, weigh it then squeeze it in some kitchen paper to remove excess water
- Grate the cheeses
- Mix together the flour, ground almonds, psyllium, both grated cheeses, herbs & baking powder
- Bake the oil and egg together
- Add flour mixture then mix in the grated courgette
- Mix well then place in two greased mini loaf tins 4”x2.5”
- Cool a little in the tin for a few minutes.
- Can be served warm or cold
- Nice cut & Spread with butter for added fat.
- Batch up and freeze

**YOU WILL ALSO NEED:**
- 1/2 tsp Barkat baking powder

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### Hazelnut Mini Angel Cakes

**INGREDIENTS**
- 27g Ground Almonds
- 29g Butter
- 32g Eggs, chicken, white, raw
- 3g Cornflour

**YOU WILL ALSO NEED:**
- 1/2 tsp Barkat baking powder and 1/2 tsp of dried herbs of your choice.

**RECIPE TOTALS:**
- Fats: 40.75g
- Cho: 5.00g
- Protein: 9.79g
- Kcals: 426

**EACH MINI LOAF HAS:**
- Fats: 20.37g
- Cho: 2.50g
- Protein: 4.89g
- Kcals: 213

**CLASSICAL RATIO:** 2.69:1

**DIRECTIONS**
- Pre-heat oven 180°C/Fan 160°C/Gas 5
- Melt the butter
- Whisk the egg whites til almost stiff then gradually whisk in the ICING sweetener
- Continue til it has stiff peaks
- Gently fold in the ground almonds and flour
- Then gently stir in the melted butter
- Place in x2 lightly greased mini loaf tins 4”x2.5”
- Sprinkle with the chopped hazelnuts equally divided
- Cool a little in the tin before turning out
- Good to batch up.

**YOU WILL ALSO NEED:**
- 1/2 tsp Barkat baking powder

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### Classical Ratio: 1.6:1

**INGREDIENTS**
- 27g Ground Almonds
- 29g Butter
- 32g Eggs, chicken, white, raw

**RECIPE TOTALS:**
- Fats: 40.75g
- Cho: 5.00g
- Protein: 9.79g
- Kcals: 426

**EACH MINI LOAF HAS:**
- Fats: 20.37g
- Cho: 2.50g
- Protein: 4.89g
- Kcals: 213

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**INGREDIENTS**
- 20g Sesame Flour
- 15g Cheese Mature Cheddar
- 35g Butter
- 50g Eggs, whole, raw

**YOU WILL ALSO NEED:**
- 1/2 tsp Barkat baking powder and 1/2 tsp of dried herbs of your choice.

**RECIPE TOTALS:**
- Fats: 43.91g
- Cho: 4.79g
- Protein: 22.72
- Kcals: 505

**EACH MINI LOAF HAS:**
- Fats: 21.95G
- Cho: 105G
- Protein: 21.36G
- Kcals: 108

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**INGREDIENTS**
- 31g Ground Almonds
- 26g Eggs, whole, raw
- 20g Creme fraiche, full fat
- 10g Olive oil
- 19g Rhubarb, stems only, raw

**YOU WILL ALSO NEED:**
- 8g Hazelnuts Chopped & Roasted
- Morrisons Home Baking
- 2g Psyllium Husk

**RECIPE TOTALS:**
- Fats: 42.52g
- Cho: 3.33g
- Protein: 21.26
- Kcals: 508

**EACH MINI LOAF HAS:**
- Fats: 21.26g
- Cho: 1.66g
- Protein: 5.81g
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**INGREDIENTS**
- 31g Ground Almonds
- 26g Eggs, whole, raw
- 20g Creme fraiche, full fat
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- 19g Rhubarb, stems only, raw

**YOU WILL ALSO NEED:**
- 8g Hazelnuts Chopped & Roasted
- Morrisons Home Baking
- 2g Psyllium Husk

**RECIPE TOTALS:**
- Fats: 42.52g
- Cho: 3.33g
- Protein: 21.26
- Kcals: 508

**EACH MINI LOAF HAS:**
- Fats: 21.26g
- Cho: 1.66g
- Protein: 5.81g
- Kcals: 221
Visit Matthew’s Friends
#KetoKitchen YouTube channel for Ketogenic recipe demonstrations and tutorials!

FURTHER INFORMATION AND RECIPES AVAILABLE VISIT:
@ www.matthewsfriends.org

These recipes are intended for patients following a prescribed ketogenic diet therapy. Please consult your specialist dietitian before using any new products or recipes.