



**Ketogenic Dietary Therapies**  
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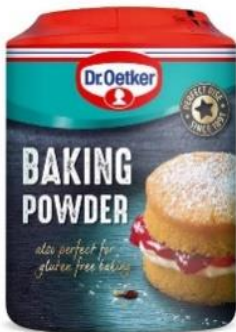
**April 2024**

## **LOW CARB BAKING POWDER**

As you are no doubt aware, **Barkat** baking powder; the preferred brand used by Mo in our online Keto Recipes and the brand we regularly provided to new Ketogenic Diet patients as part of our free Starter Packs (UK) is currently unavailable, and we do not know when or if this will change.

We know that many of you used this product, so we have been looking at alternatives.

**Dr Oetker** Gluten Free Baking powder is an option, at 19g of carb per 100g, a teaspoon in a recipe will add approx. 0.80g carb to an average recipe.



### **Ingredients**

Ingredients: raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), starch.

### **Nutrition information**

\* % = % DAILY VALUE

|               | PER 100G PACKAGE CONTENT |
|---------------|--------------------------|
| Energy        | 331 kj<br>78 kcal        |
| Fat           | 0 g                      |
| Saturated Fat | 0 g                      |
| Carbohydrate  | 19 g                     |
| Sugar         | 0 g                      |
| Fibre         | 0 g                      |
| Protein       | 0.1 g                    |
| Salt          | 45.8 g                   |

Another option is to make up your own by mixing 2 parts of Cream of Tartar to 1 part Bicarbonate of Soda, both of which are carb free, then use as you would baking powder.

**Mo's tip:** You can make up a good batch as long as it is well mixed-up.  
Sieving the two together would mix it well.  
Easy to go to for future recipes.

