

SEASONAL RECIPES

We hope you enjoy our festive Keto offerings! You will notice a couple of recipes from Mo that include Panda flour, a lovely new ingredient great for baking! The ingredients of Panda flour are Bamboo Fibre, Coconut Flour, Psyllium Husks.

To purchase with our 10% discount, visit ketoroma.com and use the code MATTHEWSFRIENDS at checkout.



**MKD 9.04G
CHO TOTAL
2.25G CHO
PER PORTION
FAT: 29.96G
PROTEIN: 11.21G
CHO: 9.04G
KCAL: 351**

**THIS MAKES
4 PORTIONS GIVING:
7.48G FAT
2.80G PROTEIN
2.25G CHO**

FESTIVE SPICED CAKE USING PANDA FLOUR

INGREDIENTS

- 17g PANDA flour
- 65g Eggs
- 4g Sultanas
- 4g Raisins
- 2g Orange zest
- 24g Butter
- 6g Ground almonds
- 20g SUKRIN GOLD
- 1g Cranberries – WHITWORTHS LITTLE JEWEL
- 5g Baking powder - BARKAT
- You will also need some ICING sweetener, I used PURESWEET, but others are available, 1g of mixed spice and some pretty ribbon and decorations.



METHOD

- Pre heat oven to 180c / fan 160c / gas 5. Reserve the ICING sweetener.
- Finely grate the orange rind, then weigh it. Snip the dried fruit into pieces with scissors.
- Melt the butter, mix with the beaten eggs, orange zest, Sukrin Gold plus 10g of water.
- Add the baking powder to the Panda flour, ground almonds and mixed spice, then beat in the wet ingredients. Stir in the chopped fruit.
- Place in a small cake tin, which will need to be greased, I used a 4 inch one.
- Cook for approximately 35 minutes, until firm to touch.
- Cool in the tin for 5 minutes before turning out.
- On the day that you are going to serve the cake sprinkle with the ICING sweetener, add a pretty ribbon and decorations of your choice.

EGG CUSTARD TART USING PANDA FLOUR

INGREDIENTS

- 55g Double cream
- 52g Eggs
- 30g PANDA flour
- 30g Butter
- You will also need a little cold water, a few drops of liquid sweetener, a little grated nutmeg or cinnamon and a 6-inch pie tin.



METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- **First make the pastry** by rubbing the butter into the Panda flour, then mix to a dough with 60mls of water, leave to rest for at least 10 minutes.
- When the pastry is ready, roll it out between 2 pieces of baking parchment to fit the pie tin.
- Blind bake the pastry case for approximately 10 minutes until just golden, leave to cool.
- Next make the filling and reduce the oven to 140c / fan 120c / gas 3.
- Beat together the egg, cream, 20mls of water and a few drops of liquid sweetener.
- Pour into the pastry case and sprinkle with a little nutmeg or cinnamon.
- Bake for approximately 30 minutes until set.



CLASSICAL 4.25:1 RATIO

**FAT: 58.86
PROTEIN: 10.02G
CHO: 3.82G
KCAL: 585**

MO'S TIP

This makes at least two good portions, or 4 snacks. To blind bake: line the pastry case with a piece of baking paper, add some baking beans or dry rice to weight it down, this encourages a crispier bottom. The cooked tart will keep for 2 days in the fridge. The pastry case can be made ahead and kept in the fridge for 3 days, or freeze. Do not freeze after filling.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES

These recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

MERRY CHRISTMAS BAKING!