

MO'S MODIFIED-KETO MINI LOAVES



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



**GINGER
PARKIN**



**CARROT &
ORANGE**



**DAIRY FREE
CHOCOLATE**



**NUTFREE
SULTANA**



**HAZEL NUT
ANGEL**



**CHEESE &
COURGETTE**



**HERB &
CHEESE**



**RHUBARB &
HAZELNUT**

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



Ketogenic Dietary Therapies
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Registered Charity No. 1108016

MO'S MODIFIED-KETO MINI LOAVES

GINGER PARKIN MINI LOAF



INGREDIENTS	CLASSICAL RATIO: 2:1
<ul style="list-style-type: none">• 30g Ground Almonds• 20g Butter• 52g Eggs, whole, raw• 4g Oats So Simple Quaker• 1g Ginger, ground	
YOU WILL ALSO NEED:	
<ul style="list-style-type: none">• 15g of SUKRIN GOLD sweetener & 1/4 teasp low carb gluten free baking powder	
RECIPE TOTALS:	
<ul style="list-style-type: none">• Fat: 38.20g• Pro: 13.52g	<ul style="list-style-type: none">• Cho: 5.15g• Kcal: 418
EACH MINI LOAF HAS:	
<ul style="list-style-type: none">• Fats: 19.10g• Pro: 6.57g	<ul style="list-style-type: none">• Cho: 2.57g• Kcals: 209

SUKRIN GOLD gives a nice flavour and texture but you could substitute your preferred granular sweetener.

DIRECTIONS

- Pre-heat oven to 180c/160c Fan/Gas 5
- Melt the butter
- Mix ALL the dry ingredients together
- Stir the butter into the dry ingredients
- Then add the beaten egg and beat well
- Divide equally into two greased mini loaf tins 4"x2.5"
- Cook for approx 15 mins
- Can be batched and frozen

CARROT AND ORANGE MINI LOAF



INGREDIENTS	CLASSICAL RATIO: 2.85:1
<ul style="list-style-type: none">• 30g Carrots, young, raw• 8g Pecan nuts• 35g Ground Almonds• 10g Olive oil• 49g Eggs, whole, raw• 2g Orange Zest• 20g Butter• 2g Psyllium Husk	
YOU WILL ALSO NEED:	
<ul style="list-style-type: none">• 15g of SUKRIN GOLD sweetener & 1/4 teasp low carb gluten free baking powder.• 23g Nativia or Sukrin ICING. A few drops of Orange extract.	
RECIPE TOTALS:	
<ul style="list-style-type: none">• Fat: 56.13g• Protein: 14.64g	<ul style="list-style-type: none">• Cho: 5.08g• Kcal: 584
EACH MINI LOAF HAS:	
<ul style="list-style-type: none">• Fats: 28.06g• Pro: 7.32g	<ul style="list-style-type: none">• Cho: 2.53g• Kcals: 292

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, low carb gluten free 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"
- Cook for approx 15 mins
- 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 vege in!

DAIRY FREE CHOCOLATE MINI LOAF



INGREDIENTS	MKD 3.32G CHO TOTAL 1.10G CHO PER MINI LOAF
<ul style="list-style-type: none">• 40g Ground almonds• 4g Cocoa powder• 19g Plant butter - FLORA• 42g Eggs	
YOU WILL ALSO NEED:	
<ul style="list-style-type: none">• 1g low carb gluten free baking powder, ¼ teaspoon of vanilla extract and 10g of TRUVIA granules or your choice of granular sweetener.	
RECIPE TOTALS:	
<ul style="list-style-type: none">• Fat: 41.98g• Pro: 14.57g	<ul style="list-style-type: none">• Cho: 3.32g• Kcal: 449
EACH MINI LOAF HAS:	
<ul style="list-style-type: none">• Fats: 13.99g• Pro: 4.85g	<ul style="list-style-type: none">• Cho: 1.10g• Kcals: 149

DIRECTIONS

- Pre heat oven to 180c / fan 160c / gas 5.
- Lightly grease 3 mini loaf tins 8cm x 4cm.
- Mix the cocoa and vanilla extract with 2 teaspoons of hot water to make a paste.
- Mix together the ground almonds and low carb gluten free baking powder.
- Beat the Flora plant butter and Truvia granules together until light and creamy.
- Gradually beat in the egg, then stir in the cocoa paste followed by the ground almond mixture
- Mix well and the divide between the mini loaf tins, cook for approximately 15 minutes.

MO'S TIP

These will batch up and freeze well.

NUT FREE SULTANA MINI LOAF



INGREDIENTS	EACH MINI LOAF HAS:
<ul style="list-style-type: none">• 6g Sultanas• 20g Butter• 50g Eggs• 35g Coconut powder – TRS or EAST END• 10g Ultra fine fiberflour – LONJEVITY FOODS	<ul style="list-style-type: none">• Fats: 14.25g• Pro: 3.54g• Cho: 2.67g• Kcals: 153
YOU WILL ALSO NEED:	
<ul style="list-style-type: none">• You will also need 1g of LOW CARB GLUTEN FREE baking powder• 10g of TRUVIA granules or your choice of granular sweetener• A good pinch of cinnamon or mixed spice.	
RECIPE TOTALS:	
<ul style="list-style-type: none">• Fat: 42.76g• Pro: 10.64g	<ul style="list-style-type: none">• Cho: 8.02g• Kcal: 460

DIRECTIONS

- Pre heat oven to 180c / fan 160c / gas 5.
- Chop the sultanas, this helps give a better distribution.
- Lightly grease mini loaf tins - I used 8cm x 4cm and made 3 loaves.
- Soften the butter then mix all the ingredients together.
- Divide equally between the mini loaf tins.
- Cook for approximately 15 minutes.

HAZELNUT MINI ANGEL CAKES



INGREDIENTS

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

YOU WILL ALSO NEED:

- 14g SukrinMELIS Icing or 9g Natvia ICING sweetener.

RECIPE TOTALS:

- | | |
|-----------------------|---------------------|
| • Fats: 40.75g | • Cho: 5.00g |
| • Pro: 9.79g | • Kcals: 426 |

EACH MINI LOAF HAS:

- | | |
|-----------------------|---------------------|
| • Fats: 20.37g | • Cho: 2.50g |
| • Pro: 4.89g | • Kcals: 213 |

CLASSICAL RATIO: 2.69:1

DIRECTIONS

- Preheat oven to 180c/Fan 160c/Gas 5
- Melt the butter
- Whisk the egg whites til almost stiff then graually whisk in the ICING sweetener
- Continue til it has stiff peaks
- Gently fold in the ground almonds and cornflour
- 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
- Cook for a pprox 15-20 mins
- Cool a little in the tin before turning out
- Good to batch up

CHEESE AND COURGETTE MINI LOAF



INGREDIENTS

- 10g Ultra fine fiberflour – LONJEVITY FOODS
- 30g Ground almonds
- 30g Courgette
- 20g Mature cheddar cheese
- 34g Eggs
- 17g Olive oil
- 3g Fresh Parmigiano Reggiano
- 2g Psyllium husk

YOU WILL ALSO NEED:

- ½ teaspoon of low carb gluten free baking powder, and a good pinch of
- dried herbs of your choice.

RECIPE TOTALS:

- | | |
|----------------------|---------------------|
| • Fat: 44.88g | • Cho: 4.13g |
| • Pro: 19.29g | • Kcal: 498 |

EACH MINI LOAF HAS:

- | | |
|-----------------------|---------------------|
| • Fats: 22.44g | • Cho: 2.06g |
| • Pro: 9.64g | • Kcals: 249 |

MKD 4.13G CHO TOTAL 2.06G CHO PER MINI LOAF

DIRECTIONS

- Pre heat oven to 180c / fan 160c / gas 5.
- Grate the courgette, weigh it then squeeze it in kitchen paper to remove excess water.
- Grate the cheeses.
- Mix together the fiberflour, ground almonds psyllium, both grated cheeses, herbs and baking powder.
- Beat the oil and egg together, add flour mixture then mix in the grated courgette, mix well.
- Divide equally between two lightly greased mini loaf tins - 4 inch x 2.5 inch.
- Cook for approximately 15 minutes until firm and golden.
- Cool in the tin for a few minutes.

MO'S TIP

Can be served warm or cold. Nice cut and spread with butter for added fat. Batch up and freeze.

HERB AND CHEESE MINI LOAF USING PANDA FLOUR V.2



INGREDIENTS

- 35g Butter
- 20g Mature cheddar cheese
- 100g Eggs
- 36g Panda flour

YOU WILL ALSO NEED:

- You will also need 2g of LOW CARB GLUTEN FREE baking powder and ½ teaspoon of dried herbs of your choice.

RECIPE TOTALS:

- | | |
|----------------------|---------------------|
| • Fat: 46.15g | • Cho: 3.54g |
| • Pro: 20.45g | • Kcal: 511 |

EACH MINI LOAF HAS:

- | | |
|-----------------------|---------------------|
| • Fats: 23.07g | • Cho: 1.77g |
| • Pro: 10.22g | • Kcals: 255 |

MKD 3.54g CHO TOTAL 1.77g CHO PER MINI LOAF

DIRECTIONS

- Pre heat oven to 180c / fan 160c / gas 5.
- Grate the cheese finely, weigh and reserve 5g.
- Soften the butter.
- Mix ALL the dry ingredients together, add to the softened butter with 15g of grated cheese.
- Add the beaten egg, mix well until combined.
- Divide between 2 mini loaf tins - 4 inch x 2.5 inch.
- Sprinkle with the reserved cheese, dividing equally and add a little extra dried herb.
- Cook for approximately 15 – 20 minutes until firm and golden.
- Cool in the tins for a few minutes before turning out.

MO'S TIP

- Batches up and freezes well. Use one as a snack or part of a meal, or two as a complete meal. To add more fat, slice and spread with butter.

RHUBARB AND HAZELNUT MINI LOAF



INGREDIENTS

- 31g Ground Almonds
- 26g Eggs, whole, raw
- 20g Creme fraiche, full fat
- 10g Olive oil
- 19g Rhubarb, stems only, raw
- 8g Hazelnuts Chopped & Roasted Morrisons Home Baking
- 2g Psyllium Husk

YOU WILL ALSO NEED:

- 10g of Truvia granules (or a sweetener of your choice) ½ teasp low carb gluten free baking powder.

RECIPE TOTALS:

- | | |
|----------------------|---------------------|
| • Fat: 42.52g | • Cho: 3.33g |
| • Pro: 11.62g | • Kcals: 443 |

EACH MINI LOAF HAS:

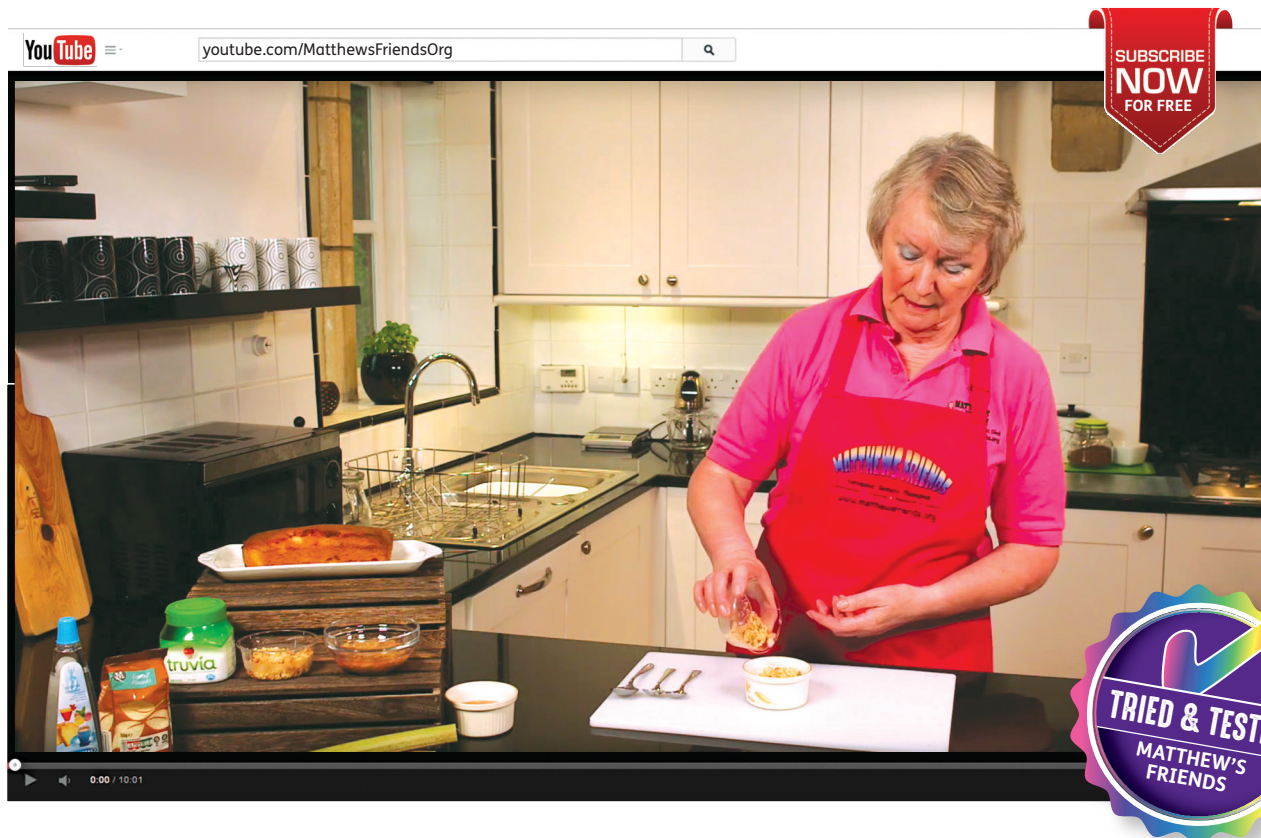
- | | |
|----------------------|---------------------|
| • Fat: 21.26g | • Cho: 1.66g |
| • Pro: 5.81g | • Kcals: 221 |

CLASSICAL RATIO: 2.89:1

DIRECTIONS

- Cut the rhubarb into small pieces
- Pre-heat oven 170c/ Fan 150c/ Gas 4
- Reserve 3g of the hazelnuts
- Mix together the Sweetener granules, egg, oil & creme fraiche
- Stir in the ground almonds, gluten free, hazelnuts and lastly the rhubarb
- Place in two lightly greased mini loaf tins 4"x2.5" and cook for approx 20 mins
- Cool in the tin for a few minutes before turning out
- Can be batched and frozen

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and low carb recipes, demonstrations,
tutorials, support and information.

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Please consult your specialist dietitian before using any new products or recipes.