

Chocolate Churros



3.1:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 2-3 minutes
- **Recipe makes 2 portions** (3 churros per portion)

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	per 1 portion		per 2 portions		
Fat	26.6g	20.3g LCT	53.1g	40.6g LCT	
		6.3g MCT		12.5g MCT	
Protein	5.6g		11.1g		
Carbohydrate	3.0g		6.0g		
Energy (calories)	273kcal		546kcal		



Chocolate Churros



Ingredients	Quantity	Your recipe
Vegetable oil * for deep fat fryer	As per manufacturer's instructions	
Ground almonds	12g	
MCTprocal®	20g	
Carbohydrate-free baking powder e.g. Barkat	0.5g	
Butter, melted	10g	
Egg, beaten	16g	
Vanilla essence	2 drops	
Liquid sweetener e.g. Hermasetas	2 drops	
K·Yo™ Chocolate	50g	
Sugar-free icing sugar e.g. Sukrin® Melis icing sugar	10g	
Cinnamon, ground	1g / 2 pinches	

*approximately 9g of oil is absorbed in cooking process and factored into nutritional content

Method:

1. Pre heat the vegetable oil in the deep fat fryer to 150°C.
2. In a bowl, mix the ground almonds, **MCTprocal®** and carbohydrate-free baking powder.
3. Add butter, egg, vanilla essence and sweetener, mix using a spatula until a thick dough consistency.
4. Fit a 1.5 - 2cm wide star nozzle to a piping bag.
5. Fill the piping bag with the dough, pipe 6 strips, 8cm long directly into the deep fat fryer, snipping off each dough strip with a pair of kitchen scissors.
6. Cook for 1 minute each side, roll over each churro until golden brown.
7. Line a baking tray with kitchen roll, remove each churro from the fryer with a slotted spoon to drain the oil, place on the tray to cool.
8. Mix sugar-free icing sugar and cinnamon in a bowl and toss the churros in the cinnamon sugar.
9. Serve with **K·Yo™** for dipping the churros in.

K·Yo™ and MCTprocal® are foods for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information.