

# Breadsticks



## 2:1 ratio

- **Preparation time:** 10-15 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 12 breadsticks

## Recipe provides approximately:

Nutritional content	12 breadsticks	2 breadsticks	Your recipe/MKD exchanges
Fat	46.6g	7.8g	
	15g MCT	2.5g MCT	
Protein	15.6g	2.7g	
Carbohydrate	6g	1g	
Energy (calories)	506kcal	84kcal	



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Ingredients	Quantity	Your recipe
Butter, softened	10g	
Ground Flaxseed e.g. Cold Milled Virginia Harvest	30g	
Vinegar	1g	
Ground almonds	10g	
MCTprocal™	24g	
Carbohydrate free baking powder e.g. Barkat	2g	
Gia sundried tomato puree	2g	
Cheddar cheese, grated	10g	
Italian mixed herbs	3 pinches	
Egg, beaten	15g	
Water	15g	

## Method:

1. Pre heat oven to 200°C/fan 180°C/gas mark 6.
2. Mix together butter, flaxseed and vinegar, leave to stand for 2-3 minutes (ensure the butter is mixed well into the flaxseed)
3. In a separate bowl mix ground almonds, MCTprocal™, baking powder, Gia puree, grated cheese and mixed herbs.
4. Combine mixtures together.
5. Add beaten egg and water, mix with spatula to make batter.
6. Line baking tray with baking parchment.
7. Using spatula add mixture to plastic piping bag, snip end of bag 1cm from bottom.
8. Pipe mixture into 12 x 9cm lengths.
9. Cook for 10 minutes until golden.



## Always check with your dietitian what is suitable for you

- Great with dips - mayo, avocado, cheese, chilli mayo



MCTprocal is a food for special medical purposes and must be used under medical supervision