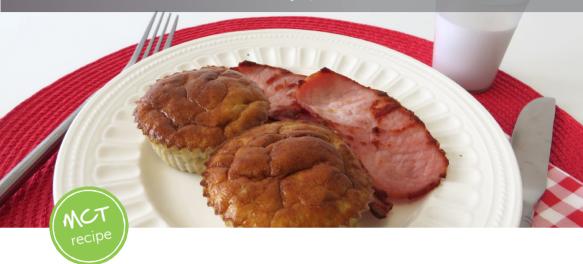
Banana Muffins and Bacon with K-Quik Shot



Preparation time: 10-15 minutesCooking time: 20 minutes

• Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	13g	30%	
Protein	15g	15%	
Carbohydrate	10g	10%	
Energy (calories)	397kcal	100%	



Banana Muffins and Bacon with K-Quik Shot



Ingredients	Quantity	Your recipe
Banana Muffins and Bacon		
Banana, mashed	40g	
Ground almonds	10g	
K-Quik	50g	
Egg, beaten	30g	
Carbohydrate free baking powder e.g. Barkat	¹/8 teaspoon	
Sweetener e.g. Hermesetas Liquid	A few drops	
or Truvia	or ½ - ½ teaspoon	
Bacon, fat trimmed	46g	
K-Quik Shot		
K-Quik	50g	

Method

- 1. Preheat oven to 190°C/fan 170°C/gas mark 5.
- 2. Mix together mashed banana and ground almonds.
- Add 50g K-Quik, egg, carbohydrate free baking powder and sweetener to this mixture and stir.
- **4.** Divide mixture equally into two cupcake/silicone moulds and bake for 15-20 minutes until risen and golden.
- 5. Grill bacon for approximately 10 minutes until cooked on both sides.
- 6. Serve both muffins and bacon with 50g 'shot' of K-Quik.



- Leave muffins to cool before removing from moulds
- Silicone moulds work well



Always check with your dietitian what is suitable for you

- Perfect for breakfast, packed lunch or picnics
- Flavour K-Quik shot with sugar free Da Vinci syrup

K-Quik is a food for special medical purposes and must be used under medical supervision.

These recipes have been specifically designed for use in a ketogenic diet.

Refer to labels for allergen and other product information.