

Scones



3:1 ratio

- **Preparation time:** 30 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 4 portions

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	Per 1 scone		Per 4 scones		
Fat	27.3g	22.3g LCT	109g	89g LCT	
		5.0g MCT		20g MCT	
Protein	5.9g		23.4g		
Carbohydrate	3.2g		12.9g		
Energy (kcal)	282		1126		



Enhancing Lives Together



Scones

Ingredients	Quantity	Your recipe
Butter - 20g for mixture, 16g to be divided between the 4 scones	36g	
Ground almonds	60g	
MCTprocal®	32g	
Baking powder (Carb free)	2g	
Sukrin Gold	20g	
Mixed spice	1g	
Psyllium husk	5g	
Egg, beaten	46g	
Double cream - to be divided between the 4 scones	45g	

Method:

1. Pre heat oven to 180°C / fan 160°C / gas mark 4.
2. Mix together the ground almonds, **MCTprocal®**, baking powder, Sukrin Gold, mixed spice and psyllium husk.
3. Add the butter and rub into dry mixture until a sandy texture is formed.
4. Make a 'well' in the middle of the mixture and then add the egg.
5. Combine the egg and the mixture together until a thick sticky dough is formed.
6. Weigh and divide into four equal amounts, shape into 4 round scones. Make sure they are not too thin, approximately 2cm depth.
7. Place on a lined baking tray and cook for approximately 15-20 minutes.
8. Take out of the oven and place on a cooling rack.
9. Once cooled, serve with the rest of butter and double cream, you could also use carb free jam.



Always check with your dietitian what is suitable for you

- Vanilla K.Yo™ or chocolate K.Yo™ could also be used as a filling.

MCTprocal and K.Yo 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.

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