Plain Biscuits



3.2:1 ratio

- Preparation time: 20 minutes
- Cooking time: 10 minutes
- Recipe makes 10 biscuits

Recipe provides **approximately**:

Nutritional content	Quantity				
	Per 1 biscuit		Per 10 biscuits		Your recipe
Fat	7.3g	5.8g LCT	73.4g	57.8g LCT	
		1.6g MCT		15.6g MCT	
Protein	1.4g		13.8g		
Carbohydrate	0.9g		9.4g		
Energy (calories)	75kcal		753kcal		



* image represents10 portions

Enhancing Lives Together

Plain Biscuits



Ingredients	Quantity	Your recipe
Sweetener e.g. Sukrin® gold	36g	
Butter, room temperature	36g	
Ground almonds	50g	
MCTprocal®	25g	
Carbohydrate-free baking powder e.g. Barkat	1g	

Method:

- 1. Pre heat the oven to 170° C /150°C fan /gas mark 3.
- 2. In a bowl, cream the butter and sweetener together.
- **3.** Add in ground almonds, **MCTprocal**[®] and baking powder, mix until a dough is formed and chill in the fridge for 10 minutes.
- **4.** Place the dough between 2 pieces of greaseproof paper and using a rolling pin, roll to a 1cm thickness.
- 5. Using a 7cm diameter star-shaped cutter, cut 10-star shapes. You may need to re-roll the dough.
- 6. Place the biscuits on a non-stick baking tray (alternatively line a baking tray with baking parchment) and bake in the oven for 10 minutes.
- 7. Remove from the oven, transfer and leave to cool on a wire rack to allow them to become crispy before serving.



Add mixed spice or cinnamon to add some more flavour!



Always check with your dietitian what is suitable for you

Use the biscuits to make a base for a cheesecake (see recipe)

MCTprocal[®] is a food 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.