

# Plain Biscuits



3.2:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	Per 1 biscuit		Per 10 biscuits		
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		



Enhancing Lives Together

\* image represents  
10 portions



# Plain Biscuits

Ingredients	Quantity	Your recipe
Sweetener e.g. Sukrin® gold	36g	
Butter, room temperature	36g	
Ground almonds	50g	
<b>MCTprocal®</b>	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.