

Golden Oven Baked Bread



- Preparation time: 10-15 minutes
- Cooking time: 30 minutes
- Recipe makes 1 small loaf or 12 slices

Recipe provides approximately:

Nutritional content	Quantity		% of total energy	Your recipe
	1 loaf (12 slices)	1 slice		
MCT	60g	5g	49%	
LCT	42g	3.5g	34%	
Protein	26g	2.2g	9.5%	
Carbohydrate	21g	1.8g	7.5%	
Energy (calories)	1106kcal	92kcal	100%	



Golden Oven Baked Bread

Ingredients	Quantity	Your recipe
Butter, softened	20g	
Ground Flaxseed e.g. Cold Milled Virginia Harvest	40g	
Vinegar	2g	
Ground Almonds	10g	
MCTprocal™	96g	
Carbohydrate free baking powder e.g. Barkat	4g	
Egg, beaten	30g	
Water	50g	

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.
3. In a separate bowl mix ground almonds, **MCTprocal™** and baking powder.
4. Combine mixtures together.
5. Add beaten egg and water, mix with spatula to make a batter.
6. Line the base of a 6.5" tin with baking parchment then add mixture.
7. Cook for 25-30 minutes until golden brown.



Serving Suggestions

Always check with your dietitian what is suitable for you

- Serve with peanut butter/sugar free jam/cheese
- Great for toasted sandwiches



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