

Chocolate Doughnuts



3:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 8 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	24.5g	18.2g LCT	
		6.3g MCT	
Protein	5.1g		
Carbohydrate	2.9g		
Energy (calories)	253kcal		



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Ingredients	Quantity	Your recipe
Vegetable oil * for deep fat fryer	As per manufacturer's instructions	
Ground almonds	6g	
MCTprocal [®]	10g	
Carbohydrate-free baking powder e.g. Barkat	0.5g	
Butter, melted	5g	
Egg, beaten	8g	
Vanilla essence	2 drops	
Liquid sweetener e.g. Hermasetas	2 drops	
K·Yo [™] Chocolate	20g	

*approximately 4g of oil is absorbed in cooking process and factored into nutritional content

Method:

1. Pre heat the vegetable oil in the deep fat fryer to 150°C.
2. In a bowl, mix the ground almonds, **MCTprocal**[®] and carbohydrate-free baking powder.
3. Add butter, egg, vanilla essence and sweetener, mix using a spatula until a thick dough consistency.
4. Wet the end of your fingers with water (this stops the mixture sticking to your hands) and shape the dough into a round ball.
5. Gently place into the deep fat fryer, careful not to splash yourself with hot oil.
6. Cook for 3 mins each side until golden brown – they puff up and float, the doughnut may need to be gently pushed down into the oil after about 1 min to help them colour.
7. Line a baking tray with kitchen roll, remove the doughnut from the fryer with a slotted spoon to drain the oil, place on the tray to cool.
8. To fill the doughnuts, make a hole with a small knife along the middle crease line of the doughnut.
9. Fill a piping bag with **K·Yo**[™] and pipe into the hole in the doughnut.
10. The doughnut will swell up with **K·Yo**[™] and serve.



- The doughnuts are best eaten straight away, but will keep in an airtight tin.



Always check with your dietitian what is suitable for you

- Roll the doughnut in sugar-free icing sugar e.g. Sukrin[®] Melis icing sugar to give them a sweet coating

K·Yo[™] and **MCTprocal**[®] 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.