

Cinnamon Cookies



3:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 4 small cookies[#]

Each portion provides approximately:

Nutritional content	2 small cookies	Your recipe/MKD exchanges
Fat	27.8g	17.8g LCT
		10g LCT
Protein	5.4g	
Carbohydrate	3.7g	
Energy (calories)	287kcal	

[#]image represents 1 portion



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Cinnamon Cookies

Makes 4 small cookies

Ingredients	Quantity	Your recipe
Almond flour e.g. Sukrin	14g	
MCTprocal™	32g (2 x 16g sachets)	
Carbohydrate free baking powder e.g. Barkat	¼ teaspoon	
Ground cinnamon	A pinch	
Butter, melted	40g	
Whole egg, beaten	8g	
Sweetener e.g. Liquid Hermestas or Truvia	¼ - ½ teaspoon or 1 teaspoon	

Method

1. Preheat oven to 180°C/fan 160°C/gas mark 4.
2. Add almond flour, MCTprocal, baking powder and ground cinnamon into a mixing bowl and stir with a wooden spoon until combined.
3. Add melted butter, egg and sweetener to the bowl and stir until a slightly sticky firm dough has formed.
4. Lightly grease a baking tray and divide mixture into 2 large balls, flattening to approximately 1cm thick on the tray.
5. Bake for 15-20 minutes until well risen and lightly golden.
6. Cool on a wire rack before serving.



- Recipe can also make 2 large cookies (as per image opposite)
- 10mg of MCT per large cookie



Always check with your dietitian what is suitable for you

- For alternative flavours such as ginger, almond and caramel replace the cinnamon with a different suitable flavouring
- Lakeland have a great variety of natural flavourings and sugar free DaVinci syrups work well too!

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