

Festive Star Cinnamon Biscuits



3.1:1 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	73.3g	57.7g LCT	
		1.6g MCT		15.6g MCT	
Protein	1.4g		13.9g		
Carbohydrate	0.9g		9.4g		
Energy (calories)	75kcal		753kcal		





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Ingredients	Quantity	Your recipe
Biscuits		
Butter, room temperature	36g	
Sweetener e.g. Sukrin® gold	36g	
Ground almonds	50g	
MCTprocal®	25g	
Cinnamon, ground	1g	
Carbohydrate free baking powder e.g. Barkat	1g	
Icing		
Water, cold	16g	
Sugar-free icing sugar, sieved e.g. Sukrin® Melis icing sugar	100g	
Gold or silver spray on edible glitter		

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 **MCTprocal®**, ground almonds, cinnamon 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 approximately 10 minutes.
7. Remove from the oven, transfer and leave to cool on a wire rack to allow them to become crispy.
8. Add water and sugar-free icing sugar to a bowl, using a spatula mix into a thick spreadable icing.
9. Cover the star-shaped biscuits with the icing and spray with edible glitter on top for decoration.



- Mixed spice could replace the cinnamon

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.

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