

Jessica's Choc Chip Cookies



2.5:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 2 portions (3 cookies per portion)

Recipe provides **approximately:**

Nutritional content	Quantity (per 3 cookies)		Your recipe/MKD exchanges
Fat	18g	13g LCT	
		5g MCT	
Protein	4g		
Carbohydrate	3.1g		
Energy (calories)	190kcal		



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Ingredients	Quantity	Your recipe
Butter, unsalted	15g	
Ground almonds	16g	
Hazelnuts, chopped	3g	
Rolled Oats e.g. Quaker	2g	
MCTprocal™	16g (1 sachet)	
Egg, beaten	13g	
Chocolate, 90% cocoa, chopped e.g. Lindt	2.5g	
Vanilla essence	2-3 drops	
Liquid sweetener e.g. Hermesetas	To taste	

Method:

1. Preheat the oven at 180°C/fan 160°C/gas mark 4.
2. Melt butter, add all the ingredients and mix to form a dough.
3. Leave to cool in the fridge until it becomes solid, approximately 5 minutes.
4. In the meantime, line a baking tray with parchment paper.
5. Weigh the dough and divide into 6 equal portions.
6. Roll each portion of dough into a ball and then flatten into a circular biscuit shape and place on the lined baking tray.
7. Place the baking tray into the oven and cook for approximately 10 minutes until they start to go golden brown and harden. Once cooled the cookies should be crunchy.



Always check with your dietitian what is suitable for you

- Serve with a glass of chilled **carbzero** or **betaquik**.

MCTprocal, carbzero and betaquik 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.