

Vanilla Churros



3.2:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	per 1 portion		per 2 portions		
Fat	26.6g	20.3g LCT	53.1g	40.6g LCT	
		6.3g MCT		12.5g MCT	
Protein	5.6g		11.1g		
Carbohydrate	2.9g		5.8g		
Energy (calories)	273kcal		545kcal		



Enhancing Lives Together

Vanilla Churros



Ingredients	Quantity	Your recipe
Vegetable oil * for deep fat fryer	As per manufacturer's instructions	
Ground almonds	12g	
MCTprocal [®]	20g	
Carbohydrate-free baking powder e.g. Barkat	0.5g	
Butter, melted	10g	
Egg, beaten	16g	
Vanilla essence	2 drops	
Liquid sweetener e.g. Hermasetas	2 drops	
K·Yo [™] Vanilla	50g	
Sugar-free icing sugar e.g. Sukrin [®] Melis icing sugar	10g	
Cinnamon, ground	1g / 2 pinches	

*approximately 9g 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. Fit a 1.5 - 2cm star nozzle to a piping bag.
5. Fill the piping bag with the dough, pipe 6 strips, 8cm long directly into the deep fat fryer, snipping off each dough strip with a pair of kitchen scissors.
6. Cook for 1 minute each side, roll over each churro until golden brown.
7. Line a baking tray with kitchen roll, remove each churro from the fryer with a slotted spoon to drain the oil, place on the tray to cool.
8. Mix sugar-free icing sugar and cinnamon in a bowl and toss the churros in the cinnamon sugar.
9. Serve with **K·Yo**[™] for dipping the churros in.

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.