

Banana Muffins and Bacon with K-Quik Shot



- **Preparation time:** 10-15 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	13g	30%	
Protein	15g	15%	
Carbohydrate	10g	10%	
Energy (calories)	397kcal	100%	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Banana Muffins and Bacon		
Banana, mashed	40g	
Ground almonds	10g	
K-Quik	50g	
Egg, beaten	30g	
Carbohydrate free baking powder e.g. Barkat	1/8 teaspoon	
Sweetener e.g. Hermesetas Liquid or Truvia	A few drops or 1/4 - 1/2 teaspoon	
Bacon, fat trimmed	46g	
K-Quik Shot		
K-Quik	50g	

Method

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Mix together mashed banana and ground almonds.
3. Add 50g **K-Quik**, egg, carbohydrate free baking powder and sweetener to this mixture and stir.
4. Divide mixture equally into two cupcake/silicone moulds and bake for 15-20 minutes until risen and golden.
5. Grill bacon for approximately 10 minutes until cooked on both sides.
6. Serve both muffins and bacon with 50g 'shot' of **K-Quik**.



- Leave muffins to cool before removing from moulds
- Silicone moulds work well



Always check with your dietitian what is suitable for you

- Perfect for breakfast, packed lunch or picnics
- Flavour **K-Quik** shot with sugar free Da Vinci syrup

K-Quik is a food for special medical purposes and must be used under medical supervision. These recipes have been specifically designed for use in a ketogenic diet. Refer to labels for allergen and other product information.