

# Chocolate Brownies



- **Preparation time:** 10-15 minutes
- **Cooking time:** 20-25 minutes
- **Recipe makes** 2 brownies

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	16g	35%	
Protein	10g	10%	
Carbohydrate	10g	10%	
Energy (calories)	404kcal	100%	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Egg, beaten	15g	
<b>K-Quik</b>	50g	
Liquid sweetener e.g. Hermesetas	2-3 drops	
<b>MCTprocal™</b>	16g	
Ground almonds	10g	
Cocoa powder e.g. Bournville	6g	
Ground flaxseed e.g. Cold Milled Virginia Harvest	10g	
Dark chocolate, grated e.g. Supermarket own brand	9g	

## Method

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.
2. Mix eggs, **K-Quik** and liquid sweetener together.
3. In a separate bowl add remaining ingredients and mix until combined.
4. Mix egg, betaquik and sweetener mixture into the dry ingredients until a thick batter is formed.
5. Divide into two equal portions, add to brownie tin and bake in the oven for 20-25 minutes until cooked.



- Good for packed lunches, picnics or a special celebration
- Try silicon moulds or muffin tins instead of a brownie tin
- For a different flavour, use carbohydrate free flavouring e.g. orange flavouring



## Always check with your dietitian what is suitable for you

- Serve with sugar free chocolate sauce e.g. Walden Farms
- Save some grated chocolate and sprinkle over the top of the cooked brownies



K-Quik and MCTprocal are foods 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.