

Jelly Tart



MCT
recipe

- **Preparation time:** 20 minutes
- **Cooking time:** 5-10 minutes
- **Chilling time:** 5-10 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	15g	45%	
LCT	13g	38%	
Protein	8g	11%	
Carbohydrate	5g	6%	
Energy (calories)	304kcal	100%	



Enhancing Lives Together

Jelly Tart



Ingredients	Quantity	Your recipe
Base		
Butter	4g	
Ground almonds	16g	
MCTprocal™	16g	
Water	5g	
Liquid sweetener e.g. Hermesetas	1-2 drops	
Spray oil	1-2 sprays	
Filling		
Sugar free jelly crystals e.g. Hartley's	4g	
Boiling water	10g	
K-Quik	25g	

Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.

Base

2. Add butter, ground almonds and **MCTprocal™** into bowl, rub together with fingertips until you get a crumbly texture.
3. Add water and liquid sweetener mix with spatula to form a dough like mixture.
4. Spray a 3" inch loose bottom tin with oil and press mixture around tin until evenly distributed.
5. Add a layer of greaseproof paper on top of mixture and place in oven (bake blind) for 5-10 minutes until golden.

Filling

6. Add jelly crystals to boiling water and stir until dissolved.
7. Add **K-Quik**, stir and pour on top of cooked base.
8. Place into refrigerator for 5-10 minutes or until set.



Serving Suggestions

Always check with your dietitian what is suitable for you

- Serve with fruit or cream
- Use different flavours of sugar free jelly for variety

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.