

# Biscotti



- **Preparation time:** 10-15 minutes
- **Cooking time:** 35 minutes
- **Recipe makes** 10 biscotti

1 biscotti provides **approximately:** (1.3:1 ratio)

| Nutritional content | Quantity | Your recipe/MKD exchanges |
|---------------------|----------|---------------------------|
| Fat                 | 5.7g     |                           |
| Protein             | 4g       |                           |
| Carbohydrate        | 0.5g     |                           |
| Energy (calories)   | 69kcal   |                           |



Enhancing Lives Together

# Biscotti

| Ingredients                                 | Quantity          | Your recipe |
|---|-------------------|-------------|
| Almond flour e.g. Sukrin                    | 70g               |             |
| Carbohydrate free baking powder e.g. Barkat | ½ teaspoon        |             |
| Whole almonds, roughly chopped              | 30g               |             |
| Butter, melted                              | 35g               |             |
| Whole egg, beaten                           | 40g               |             |
| Vanilla essence                             | ½ teaspoon        |             |
| Liquid sweetener e.g. Hermesetas            | up to 2 teaspoons |             |

## Method

1. Preheat oven to 180°C/fan 160°C/gas mark 4.
2. Mix almond flour, baking powder and chopped almonds together.
3. Add melted butter, egg, vanilla and sweetener to this mix and stir until a firm dough has formed.
4. Form the mixture into a log shape approximately 1cm thick and cut the dough widthways into the 10 equal sized biscuits.
5. Place biscuits on a lightly greased baking tray and bake for 10 minutes.
6. Remove from oven and reduce temperature to 170°C/fan 150°C/gas mark 3½. Turn biscuits to face cut side up and return to oven for a further 10-15 minutes until golden and crisp.
7. Cool on a wire rack and store in an airtight container.



- For an alternative flavour replace vanilla essence with almond essence or a pinch of ground cinnamon

Serving Suggestion

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

- Serve alongside **K-Quik** latte (see Biscotti and K-Quik Latte recipe).

**K-Quik is a food 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 allergen and other product information.**