Biscotti

MKD recipe

- **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	

2 biscotti and **beta.quik**® latte* provides **approximately**: (2.3:1 ratio)

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	22.9g	12.9g LCT	
		10g MCT	
Protein	8.3g		
Carbohydrate	1.5g		
Energy (calories)	245kcal		

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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.

Top Tip
- 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
- *beta.quik® latte: mix in a cup 50ml beta.quik® with 100ml almond milk, warm gently in the microwave. Add sugar free Da Vinci coffee syrup or coffee granules to taste.

Betaquik 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.