

# Naan



1.9:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	17.1g	12.1g LCT	
		5g MCT	
Protein	5.7g		
Carbohydrate	3.4g		
Energy (calories)	190kcal		



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Ingredients	Quantity	Your recipe
Almond flour flurry e.g. Holland and Barrett	20g	
Carbohydrate free baking powder e.g. Barkat	2g	
<b>MCTprocal™</b>	8g	
Psyllium husk e.g. Sat-Isabgol	4g	
Garlic Purée e.g. Gia	1g	
Coriander fresh, chopped	1g	
Water, boiling	25g	
Egg white	4g	
Olive oil (for brushing)	0.5g	

## Method:

1. Add almond flour, baking powder, **MCTprocal™**, psyllium husk, garlic purée and coriander to a bowl, mix and add boiling water and egg white, mix again until a dough is formed.
2. Cover and place in fridge for 10 minutes to cool (this makes it easier to shape).
3. Pre-heat oven to 200°C/fan 180°C/gas mark 6.
4. Remove the dough from the fridge, using your hands flatten out and shape into an oval (approx. 12cm in diameter), lay on a baking tray lined with greaseproof paper and brush oil over the top.
5. Cook for 15-20 minutes or until golden brown.



- For a plain naan remove the garlic and coriander



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

- Serve with your favourite keto curry!

**MCTprocal 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.**