

Chapati



1.9:1 ratio

- **Preparation time:** 20 minutes
- **Cooking time:** 2 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	15.1g	10.1g LCT	
		5g MCT	
Protein	4.8g		
Carbohydrate	3.2g		
Energy (calories)	168kcal		



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Chapati

Ingredients	Quantity	Your recipe
Almond flour flurry e.g. Holland and Barrett	18g	
Psyllium husk e.g. Sat-Isabgol	4g	
MCTprocal™	8g	
Salt	1 pinch	
Water, boiling	20g	

Method:

1. Add all dry ingredients to a bowl, mix in boiling water until a dough is formed.
2. Cover and place in fridge for 10 minutes to cool (this makes it easier to roll).
3. Using an A4 sized piece of greaseproof paper, set the ball in the centre of one half, fold the other half of the paper over the ball, flatten out and roll with a rolling pin to create a circle, approx. 12cm in diameter.
4. Heat a frying pan over a medium heat and dry fry the chapati for 1 minute on each side.



- Add a pinch of ground coriander or curry powder to flavour the chapati!



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.**