

Jessica's Cheddar Bites



2.5:1 ratio

- **Preparation time:** 15 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 12 Cheddar bites (4 per portion)

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe/MKD exchanges
	12 cheddar bites		4 cheddar bites		
Fat	32g	22g LCT	10.6g	7.3g LCT	
		10g MCT		3.3g MCT	
Protein	9.2g		3g		
Carbohydrate	4.2g		1.4g		
Energy (calories)	340kcal		113.3kcal		



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Ingredients	Quantity	Your recipe
Butter, melted	13g	
Ground almonds	12g	
MCTprocal™	16g	
Egg, beaten	12g	
Cheddar cheese, grated	10g	

Method:

1. Preheat oven to 180°C/fan 160°C/gas mark 4.
2. Melt butter, add all the ingredients to a bowl and mix to form a dough.
3. Leave to cool in the fridge until it becomes solid, approximately 5 minutes.
4. In the meantime, line a baking tray with parchment paper.
5. Weigh the dough and divide into 12 equal portions.
6. Roll each portion of dough into a ball and then flatten into a circular biscuit shape and place on the lined baking tray.
7. Cook for approximately 10 minutes until they start to go golden brown and harden. Once cooled the cheddar bites should be crunchy.



Always check with your dietitian what is suitable for you

- Serve with a glass of chilled **carbzero** or **betaquik**.

MCTprocal, carbzero and betaquik are foods 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 allergens and other product information.