# 3 Cheese and Basil Muffins



**MKD recipe**

2:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 4 portions

Recipe provides **approximately**:

| Nutritional content | Quantity | | | | Your recipe |
|---|---|---|---|---|---|
| | Per 4 muffins | | Per 1 muffin | | |
| Fat | 102.6g | 83.2g LCT | 25.6g | 20.8g LCT | |
| | | 19.4g MCT | | 4.8g MCT | |
| Protein | 39.2g | | 9.8g | | |
| Carbohydrate | 13g | | 3.3g | | |
| Energy (kcal) | 1132 | | 283 | | |

## Vitaflo™

**Enhancing Lives Together**

# 3 Cheese and Basil Muffins

| Ingredients | Quantity | Your recipe |
|---|---|---|
| **Muffins** | | |
| Ground almonds | 75g | |
| Baking powder | 2g | |
| Salt and pepper | 1 pinch each | |
| **MCT**procal | 32g | |
| Butter, softened | 25g | |
| Egg, beaten | 25g | |
| Water | 40g | |
| Garlic puree e.g. GIA | 1g | |
| Sun dried tomato puree e.g. GIA | 1g | |
| Cheddar cheese, grated | 15g | |
| Mozzarella | 15g | |
| Parmesan, shaved | 15g | |
| Basil, fresh, finely chopped | 1g | |
| Spray oil / cake release spray, for greasing | 1-2 sprays | |
| **Topping** | | |
| Cheddar cheese, grated | 5g | |
| Mozzarella, grated | 5g | |
| Parmesan, shaved | 5g | |

**Method:**

1. Preheat oven to 200˚C/fan 180˚C/gas mark 6.

**Muffins**

2. In a bowl, mix grounds almonds, baking powder, salt and pepper, and **MCT**procal. Add the butter and rub together with fingertips until a crumbly texture is achieved.
3. In a separate bowl, add egg, water, garlic and tomato purée and mix well.
4. In a third bowl, mix the three cheeses together with basil.
5. Add the cheese mix to the **MCT**procal mixture. Gradually mix in egg mixture and combine well with a spatula to form a thick paste.
6. Lightly grease a muffin tray (approximately 7cm x 3cm deep) with cake release spray or spray oil and divide mixture in four.

**Topping**

1. In a bowl, mix the remaining three cheeses together and sprinkle on top of muffins.
2. Bake in the oven for 15 minutes.
3. Once risen and golden brown, remove from muffin tray and serve, or allow to cool on a wire rack.

*Serving Suggestion*

**Always check with your dietitian what is suitable for you**
- Use as part of a packed lunch

**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 allergens and other product information.**