

Blueberry Muffins



2.5:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 4 muffins

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
	Per 4 muffins	Per 1 muffin	
Fat	78g	58.6g LCT	14.7g LCT
		19.4g MCT	4.8g MCT
Protein	19.2g	4.8g	
Carbohydrate	13.2g	3.3g	
Energy (kcal)	832	208	



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Muffins		
Butter, softened	30g	
Calorie free granulated sweetener e.g. NatVia	10g	
Baking powder	3g	
Ground almonds	55g	
MCTprocal	32g	
Egg, beaten	25g	
Vanilla essence	2-3 drops	
Water	40g	
Spray oil / cake release spray, for greasing	1-2 sprays	
Topping		
Blueberries	16g	

Method:

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

Muffins

2. In a bowl, cream together butter and granulated sweetener.
3. Add baking powder, ground almond and MCTprocal, mix well until all ingredients are combined.
4. Add egg, vanilla essence and water, mix well.
5. Lightly grease muffin tray (approximately 7cm x 3cm deep wells) with cake release spray or spray oil. Divide muffin mixture evenly between four.

Topping

6. Cut each blueberry into quarters and place four pieces on top of each muffin.
7. Place in oven and cook for 20 minutes. Once cooked, remove from the tin and allow to cool on a wire rack.

Always check with your dietitian what is suitable for you
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.