

Biscotti and K-Quik Latte



- **Preparation time:** 10-15 minutes
- **Cooking time:** 35 minutes
- **Recipe makes** 10 biscotti

1 biscotti provides **approximately:** (1.3:1 ratio)

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	5.7g	
Protein	4g	
Carbohydrate	0.5g	
Energy (calories)	69kcal	

2 biscotti and **K-Quik** latte provides **approximately:** (2.3:1 ratio)

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	22.9g	12.9g LCT	
		10g MCT	
Protein	8.3g		
Carbohydrate	1.5g		
Energy (calories)	245kcal		



Enhancing Lives Together





Biscotti and K.Quik Latte

Ingredients	Quantity	Your recipe
For the biscotti		
Almond flour e.g. Sukrin	70g	
Carbohydrate free baking powder e.g. Barkat	½ teaspoon	
Whole almonds, roughly chopped	30g	
Butter, melted	35g	
Whole egg, beaten	40g	
Vanilla essence	½ teaspoon	
Liquid sweetener e.g. Hermesetas	up to 2 teaspoons	
For the latte		
K-Quik	50ml	
Almond milk	100ml	
Sugar free coffee syrup e.g. Da Vinci	to taste	

Method

For the biscotti

1. Preheat oven to 180°C/fan 160°C/gas mark 4.
2. Mix almond flour, baking powder and chopped almonds together.
3. Add melted butter, egg, vanilla and sweetener to this mix and stir until a firm dough has formed.
4. Form the mixture into a log shape approximately 1cm thick and cut the dough widthways into the 10 equal sized biscuits. 
5. Place biscuits on a lightly greased baking tray and bake for 10 minutes.
6. Remove from oven and reduce temperature to 170°C/fan 150°C/gas mark 3½. Turn biscuits to face cut side up and return to oven for a further 10-15 minutes until golden and crisp. 
7. Cool on a wire rack and store in an airtight container.

For the latte

1. In a cup mix the **K-Quik** and almond milk and warm gently in a microwave.
2. Add sugar free Da Vinci coffee syrup or coffee granules to taste.



- For an alternative flavour replace vanilla essence with almond essence or a pinch of ground cinnamon

K.Quik 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.