

## Breakfast Cereal/Snack

### Note:

In the 4:1 ratio recipe, the cream is a vital ingredient to maintaining the ketogenic ratio.

### Nutritional Values:

Ratio	4.1	3.1
Protein (g)	6	5.5
Carbohydrates g)	3.7	2.4
Calories	401	256



### Ingredients:

Ratio	4.1	3.1
Egg White	30g	30g
Finely Chopped Madadamia Nuts	15g	15g
Coconut Oil	10g	10g
Jelly (sugarfree)	2g	2g
Ketocal Vanilla	5g	5g
Whipping Cream 38%	40g	-

### Instructions:

1. Heat oven to 180°C
2. Beat egg white
3. Beat in the nuts, oil and jelly powder. Add a little sweetener.
4. Mix until mixture is one colour.
5. Place mixture in a sandwich bag and snip off one corner
6. Place 1cm dots on a baking tray lined with silicone paper
7. Bake for 20 minutes until the "cookies" are completely dry
8. To make the "milk", mix 40g of cream with a little sweetened water.

### Keto-tip

A hand mixer!! Another basic but important tool in the ketogenic diet. We cannot count the number of times we have beaten eggs! Please note that most of the recipes call for whipped cream or egg white. All the recipes are transformed when these ingredients are whipped. Because of the small quantities, it is more convenient to work with a simple hand mixer (with two whisks). We also know people who have invested in special equipment for whipping (as used in restaurants). They whip the ingredients every other day and use straight from the refrigerator.