

CHEESE BISCUITS KETO

 10 portions

INGREDIENTS

- 50 grams of almonds, flaked and ground
- 50 grams of cheese, parmesan, grated
- 1 level teaspoon of basil, dried, ground (1 g) or 1 teaspoon of oregano, dried, ground (1 g)

COOKING METHOD

- 1° Preheat the oven to 200C. Line a baking tray with greaseproof paper.
- 2° Put the ingredients in a bowl and mix together. Using a metal spoon, press the mixture into a spoon, making a round biscuit shape. Slide the mixture off the spoon on to the baking tray and repeat until you have about 10 biscuits.
- 3° Bake for about 10 minutes, until nicely browned.
- 4° Remove from the oven and allow to cool and harden before serving.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (10 g)	% DRI
ENERGY	512 kcal	52 kcal	3 %
PROTEIN	25 g	2 g	5 %
CARBOHYDRATE	11 g	1 g	0 %
SUGARS	2 g	0 g	0 %
FAT	41 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	10 g	1 g	5 %
FIBER	0 g	0 g	0 %
SODIUM	900 mg	91 mg	4 %