

## **Butter**

### **Ingredients**

30ml water

30g dried skimmed milk

2 tablespoons MCT Oil

1-2 drops yellow food colouring (optional)

#### **1. Method**

2. Add water to milk powder and mix well to form a smooth cream.
3. Using an electrical mixer or whisk, gradually add the oil.
4. Add colouring to resemble butter.
5. Chill to thicken.
6. Serve on bread or toast as a substitute for butter.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics