

Caramel Shortbread (Serves 8)

Ingredients

Shortbread

180g flour

120g sugar

120ml MCT Oil

Caramel

1 x 405g tin light condensed milk (0.2g fat/100g – check fat content on label)

2 tablespoons golden syrup

1 tablespoon MCT Oil

1 teaspoon vanilla essence

Method

1. Preheat the oven to 350°F/ 180°C/ Gas Mark 4.
2. Knead all the ingredients for the shortbread together and divide into 8 balls.
3. Fill the inside of 8 cake bun tin holes to create cases for the caramel.
4. For the caramel, place all the ingredients except the vanilla essence into a saucepan and boil for 4 minutes, stirring regularly.
5. Remove from the heat and add the vanilla essence.
6. Fill the shortbread cases.
7. Bake in the oven for 10-15 minutes.
8. Wait until they are completely cool before removing them from the tin.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics