

EASY CHOCOLATE NUT MUFFINS

20 pcs.

50 g butter
4 eggs
150 ml Greek yoghurt
100 ml hazelnuts, ground to a fine flour
50 g chopped hazelnuts
75 g desiccated coconut
100 g chopped chocolate (sugar free or 85%)
1 mashed banana
150 ml sweetener (e.g. 100 ml sukrin and 50 ml agave syrup)
4 tbsp. FiberHUSK®
2 tbsp. baking powder

Mix all ingredients together and fill into small muffin cups. Bake at 180° C for about 15 minutes.

The recipes are prepared by Tatjana Albinus, nutritionist and low carb diet expert.

Tatjana has her own Danish blog www.lowcarb.dk, where she offers advice and inspiration to delicious meals and baked goods.



The low carb principle is about cutting down on carbohydrates and turning up the intake of protein and fat. Generally this means that you do not eat bread, pasta, rice or potatoes, instead you fill your plate with vegetables and meat.

The low carb principle is becoming more and more popular at the moment. Some choose low carb diet to lose weight or to maintain their weight and keep blood sugar levels stable. Others choose the diet to feel better about their body and because they love the many delicious recipes.

FiberHUSK®

- is a 100 % natural fibre product.
- contains 85 % fibre and 0 % carbohydrates.
- consists of pulverized Psyllium Husks, also known as Ispaghula .
- has a large water binding capacity and is therefore especially well-suited to bind together the ingredients when baking without traditional flour.

By choosing FiberHUSK® you are certain to get a quality product of highest purity.

Important information

You can buy FiberHUSK® at the pharmacy, in health shops, Matas and some convenience stores. HUSK® cannot always be replaced with the product HUSK® with a positive result, since HUSK® consists of whole Psyllium husks.


Kirstinehøj 34 • DK-2770 Kastrup
Tel 32519600 • www.fiberhusk.dk



Delicious baking recipes

LOW CARB

fiber
HUSK



WHITE FIBRE BREAD

- *light and tasty*

5 eggs
150 ml Greek yoghurt
50 g melted butter
100 ml sesame seeds
100 ml almond flour from
"Funktionel mad" (Health shop)
75 ml FiberHUSK®
50 ml sukrin
2 tbsp. baking powder
1 tsp. salt

Mix all ingredients and pour into a small loaf tin.
Brush with egg or oil and sprinkle with poppy seeds
or sesame seeds. Bake at 200° C for 45 minutes.



CHICKEN PIE

- *crisp and delicious*

Pastry
150 g butter
100 g almond flour from
"Funktionel mad" (Health shop)
50 g sesame seeds
1 tsp. salt
3 tbsp. FiberHUSK®
1 egg

Mix almond flour, sesame seeds, FiberHUSK®
and salt and add the butter, crumbling it with
your fingertips. Add the egg and knead until
even. Roll the pastry between to sheets of
baking paper (it can be a little difficult to work
with). Place the pastry in a pie dish and prebake
in the oven at 180° C for about 12 minutes.
Take out the pie crust when it is lightly golden
brown.

Cut chicken and leeks in pieces and place
them in the pie crust. Whip together eggs,
Greek yoghurt and spices, and spread over
the pie filling. Sprinkle with a little grated
parmesan. Bake the pie at 200° C for about
20 minutes, until the cheese is golden.

Pie filling
2 large chicken breast filet (boiled or fried)
2 leeks
5 eggs
100 ml Greek yoghurt
1-2 tsp. salt
1 tsp. paprika
Pepper
Grated parmesan cheese



GREEN STONEAGE BREAD

- *delicious and fibre rich*

200 ml almonds, finely ground to flour
200 ml linseed, finely ground to flour
100 ml whole sunflower seeds
100 ml whole sesame seeds
100 ml whole pumpkin seeds
100 ml FiberHUSK®
3 tbsp. sea salt, coarse
200 ml grated courgette (about one half)
5 eggs
50 ml olive oil

Mix all dry ingredients well, then stir in courgette
and olive oil. Add the eggs and stir until even.
Pour the mass into a small loaf tin. Bake at 160° C
for 1 hour .