Keto Pasta

- 16g Ground almonds – MORRISONS
- 7g Cornflour
- 16g Eggs, chicken, yolk, raw

You will also need 1/8 teasp of Xanthan Gum.

Mix the almonds, cornflour and Xanthan Gum together.

Add egg yolk & 5 mls of water to form a pastry dough.

Rest for 30 mins in fridge.

Roll out and cut into noodle strips.

Cook in boiling water. They only take 2-3 mins.

Add sauce of choice to make a meal to suit ratio/prescription required.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION