Little Matty’s prescription.
Little Matty is a fictitious 4 year old who weighs 16 kg.
CLASSICAL KETOGENIC DIET

3 COURSE CHRISTMAS DINNER

- 30g Celeriac
- 10g Butter
- 14g Sunflower oil
- 10g Turkey – roasted dark meat
- 10g Clotted cream
- 13g Carrots – boiled in unsalted water
- 9g Brussel sprouts – boiled in unsalted water
- 16g Avocado

You will also need 1/8 Knorr chicken stock cube and 2g Hartley’s sugar free jelly crystals.

Make up the jelly with 100mls of hot water, when cooled stir in the cream, leave in a pretty mould to set.
Cut the celeriac in to cubes and cook gently in the oil.
Purée the avocado.
Make a soup with the stock cube and 100ml of water, add to the pan the celeriac was cooked in to get any residue, boil for one minute. Add the butter and boil for at least one further minutes, stir in the avocado. Reserve 30mls of the soup to serve as gravy.
Serve the soup as a starter.
Serve the turkey with the celeriac, brussel sprouts, carrots and ‘gravy’.
Serve the jelly for dessert.

Mo’s tip: I found it to be better with unsalted butter.

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

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