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

Avocado Dip

- 52g Avocado, average
- 3g Lemon juice, fresh
- 6g Sunflower oil
- 13g Carrots, young, raw.
- 20g Cucumber, raw
- 7g Lettuce, Iceberg, raw

Mash the avocado with the lemon juice and sunflower oil.  
Season with black pepper as desired.  
Serve with the vegetables cut into batons.

Mo’s Tip: This works well with MCT oil if there is a need to get some into the snack.

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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