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

MEAL 4:1 Ratio
32.5 g fat
4 g protein
4.1 g CHO

BANANA BREAD

• 20g Butter
• 22g Eggs
• 12g Bananas
• 22g Coconut powder - TRS

You will also need a few drops of sweetener a GOOD pinch of cinnamon and BARKAT baking powder and a small pinch of salt.

Preheat oven to 170c /150c Fan  Gas 3-4
Mix all dry ingredients.
Soften the butter, mix into the dry ingredients with the egg, sweetener and mashed banana.
Pour into silicone mini loaf mould or muffin mould.
Cook for 15 - 20 mins.

Cool before turning out.

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