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

BANANA MUFFIN with MCT

- 18g MCT oil
- 34g Egg whites
- 7g Egg yolks
- 12g Bananas
- 17g Self raising flour - McDougalls
- 13g Ground almonds - Morrisons

You will also need a few drops of liquid sweetener or a teaspoon of DaVinci banana syrup and 1/8 teaspoon of BARKAT baking powder.

Preheat oven to 180c / 160c fan / gas 5.
Mix together the mashed banana, flour, almonds, MCT oil, egg YOLK, sweetener / syrup and baking powder.
Whisk the egg WHITE until frothy but not stiff, fold into the mixture.
Put in to two silicone muffin moulds which have been very lightly oiled.
Bake for 20 minutes.

Mo’s tip: This is good for batching and freezing.

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