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

COOKIES

- 21g Eggs
- 7g Double Cream - MORRISONS extra thick
- 8g Butter
- 10g Macadamia nuts - MORRISONS
- 6g Olive oil
- 10g Coconut powder - TRS
- 17g Blueberries
- 1g Caster sugar *(omit if you have very restricted carbohydrates)*
- 2 drops vanilla essence
- Liquid sweetener if needed.

Grind nuts to a paste.
Melt the butter.
Mix all ingredients together (If the blueberries are large cut them up).
Divide between 4 silicone moulds.
Can be made smaller if using as a snack.
Bake in preheated oven 180c / 160c fan / gas 4 for approximately 15 minutes.
Make in batches & they can look a bit ‘purple’ due to the blueberries!

Can be frozen **DO NOT** microwave to defrost.

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**