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

Breakfast Trifle

- 10g Strawberries, raw
- 8g Raspberries, raw
- 5g Blueberries
- 1g Cocoa powder – CADBURY'S BOURNVILLE
- 29g Yoghurt, greek style, plain
- 5g Flaxseed – LINWOODS
- 53g Double cream, extra thick – MORRISONS

You will also need a few drops of liquid sweetener and a little DaVinci syrup preferably Raspberry, Banana or Strawberry Flavour.

Mix together the chopped fruit.
Mix together the Cream and Yoghurt.
Stir in 10mls of Da Vinci syrup, the fruit & flaxseed.
Serve sprinkled with the cocoa.
You can prepare this in advance but sprinkle the cocoa on when it’s served.

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