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

CHEESE BISCUITS

• 22g Macadamia nuts - MORRISONS
• 6g Cheddar cheese - CATHEDRAL MATURE
• 3g Eggs whites
• 13g Butter
• 2g Oatbran Flour - INFINITY FOODS
• 3g Olive oil
• You will also need a pinch of salt

Keep butter to one side.
Grind the nuts to a paste.
Finely grate the cheese.
Mix with the egg white, oatbran & oil.
Drop small spoonfuls on to a parchment lined baking tray flatten a little.
Cook in oven for approximately 7-10 minutes 180c / 160c fan / gas 4.
Recipe makes 6 medium size or 8 diddy ones.
Serve spread with butter.

Mo’s tip: If putting into a lunch box spread butter on to one and top with another to make a biscuit ‘sandwich’.

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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