

Little Matty's prescription.

Little Matty is a fictitious 4 year old
who weighs 16 kg.

MCT KETOGENIC DIET



45% MCT
1 MEAL = 325 kcal
9 g protein
15 g CHO
9.5 g LCT fats
18 g MCT

CHEESE MUFFIN with MCT



- 18g MCT oil
- 29g Egg whites
- 7g Egg yolks
- 6g Cheddar cheese – CATHEDRAL MATURE
- 21g Self raising flour - McDOUGALLS
- 9g Ground almonds - MORRISONS

You will also need a tiny pinch of mustard powder and salt.

Finely grate the cheese before weighing.

Reserve the egg WHITE.

Mix together all other ingredients including seasoning.

Whisk the egg white until very frothy but not stiff, fold into the cheese mixture.

Put into 2 lightly oiled silicone muffin moulds and cook for 15-20 minutes in a preheated oven 180c / 160c fan / gas 5.

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