CHEESE OLIVES

- 44g Olives in brine
- 16g Full fat soft cheese - PHILADELPHIA
- 4g Wholemeal bread
- 9g Butter

You will also need a small pinch of dried herbs and a little seasoning – garlic or onion salt is nice.

Make fine breadcrumbs.
Slice the olives in half lengthways; you can use any size olive, black or green.
Mix together the butter and Philadelphia with the herbs and seasoning if used.
Add the breadcrumbs, mixing in well.
Sandwich the olives together with the filling.

Mo’s tip: Good party dish and easy to calculate as a smaller snack if necessary.
This is quite a ‘grown up’ snack but children seem to enjoy sophisticated
flavours these days!!
Good for adults or anyone not on the Keto diet too!

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION