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

CHEESE STRAWS WITH AVOCADO DIP

- 4g Soya flour - INFINITY FOODS
- 4g Rice flour - DOVES FARM
- 2g Flaxseed - LINWOODS
- 8g Butter
- 4g Cheddar cheese - CATHEDRAL MATURE
- 23g Hellmann’s mayonnaise
- 24g Avocado - ripe

You will also need salt, mustard, dried herbs and paprika.

Finely grate the cheese then weigh it (you do lose some on the grater).
Mix the flaxseed with approximately 10mls of boiling water and leave to go gloopy.
Mix the dry ingredients together with a small pinch of paprika (or salt) and mustard if desired.
Mix into the softened butter and flax, it will form a sticky dough.
Pat out to a thinnish square on a non stick baking tray and cut into 3 straws, push slightly apart or they will join up again.
Bake in oven for approximately 7-10 minutes until golden brown 180c / fan 160c / gas 5.
Mash the avocado and mix with the mayonnaise, a pinch of dried herbs can be added if desired.
Serve straws with the dip.

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