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

CHOCOLATE BROWNIE

- 2g Cocoa Powder - CADBURYS BOURNVILLE
- 10g beaten egg
- 3g Dark cake covering chocolate - MORRISONS
- 7g Butter
- 12g oil (including MCT oil if you use it)
- 4g Flaxseed - LINWOODS
- 12g Macadamia nuts - MORRISONS
- 9g Philadelphia cheese - full fat
- ½ teaspoon baking powder – BARKAT (GOOD pinch)
- Few drops liquid sweetener
- Vanilla extract (optional)

This recipe makes one good sized cupcake

Grind together the nuts & flax.
Melt together the butter & chocolate. Stir in the MCT oil.  
When cooled stir in the egg.
Mix together all dry ingredients then stir in the butter mix with the Philadelphia & sweetener.
Pour into a foil dish or any suitable dish.
Cook for 12-15 mins in pre-heated oven 180c / 160c fan / gas 4

Mo’s tip: This is good for batching up then you can cut it into brownie shapes. Multiply the recipe by the number you want to make. Don’t forget to weigh the baked amount and then divide into the amount you multiplied the recipe by.

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