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

Chocolate Cakes

- 7g Flour Plain Homepride
- 2g Cocoa powder, Cadbury's Bournville
- 16g Eggs, chicken, whole, raw
- 9g Coconut flour, Tiana
- 1g Olive Oil
- 18g Liquigen

You will also need a few drops of LIQUID SWEETENER and Vanilla Extract & 1/8 teasp of Barkat baking powder

Beat the egg well then mix everything together.

You will need to add at least 25 mls of water

Place in 3 lightly oiled bun tins and bake for approx 15mins

Oven will need preheating to 180c/160c fan/gas 5

Mo's Tip: These will batch & freeze well. You could cook in one muffin mould but you will need to increase the time to 20 mins but I feel they look more like little choc treats when cooked as 3 little ones.

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