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

MEAL 4:1 Ratio
16 g fat
2 g protein
2 g CHO

Chocolate Macaroons

- 8g Alpro Soya Dessert Smooth Chocolate
- 6g Butter
- 12g Coconut, desiccated
- 6g Ground Almonds – MORRISONS
- Some liquid sweetener

Mix everything together.

Divide into 5 papers cases (7g in each) Chill.

Each macaroon gives 3.1g FAT 0.4g PRO 0.4g CHO

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