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

CHOCOLATE WITCHES HAT SNACK

2g Butter  
3g Coconut powder – EAST END or TRS  
2g Dark cake covering chocolate - MORRISONS  
10g Double cream - MORRISONS  
8g Eggs  
8g Pecan nuts shelled – MORRISONS

You will also need a squirt of liquid sweetener and a drop or two of flavouring such as vanilla extract – but orange is nice too.

Pre heat the oven to 170c / gas 5.  
Reserve half the cream.  
Grind the pecan nuts to a paste (a coffee grinder is good for this).  
Melt the butter and chocolate together (a few seconds in microwave in a microwave will do it!).  
Mix everything together well, including the 5g of cream, sweetener and flavouring.  
Put mix into a hat mould (or any other shape you like), this is equal to a cupcake size  
Place in pre heated oven for approximately 15 minutes.  
Leave in the mould for a few minutes to cool.  
Serve with the remaining cream.

Mo’s tip: This is easy to batch up, they can be enjoyed by anyone so they make a good party treat.

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

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