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

CHRISTMAS BISCUITS

- 12g Butter
- 9g Eggs
- 5g Ground almonds - MORRISONS
- 25g Macadamia nuts - MORRISONS

You will also need a good pinch of mixed spice or cinnamon, 8 drops of liquid sweetener and a little icing sugar.

Pre heat oven to 170c / fan 150c / gas 5.
Grind the macadamia nuts to a paste.
Soften the butter then beat in to the macadamia and almonds.
Beat the egg and add to the nut mixture with mixed spice / cinnamon and liquid sweetener.
Place in shaped moulds and cook for approximately 15 minutes.
Decorate on a Christmas theme, using a VERY LIGHT sprinkle of icing sugar – no more than a very small pinch.

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