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

Cocoa & Cookie

- 2g Cocoa Bournville
- 45g Betaquik (or 18g Liquigen)
- 2g Butter
- 10g Flour, Self raising, Mcdougalls
- 22g Eggs, chicken, white, raw
- 6g Ground almonds, Morrisons

Making the cookie:

Whisk the egg white until very frothy, but not stiff.
Melt butter
Fold in the flour, ground almonds, butter & a few drops of sweetener.
Bake in silicone moulds in preheated oven 170c/150c Fan/gas 4 for approx 12 mins.
This makes 3 cookies in silicone cupcake moulds. If you use muffin size it will make 2 and will probably take 15 mins to cook

Mix cocoa in a little boiling water.
Mix Betaquik /liquigen with approx 100mls of boiling water to the cocoa and reheat until hot.
Add a few drops of liquid sweetener. Serve with the cookies

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 diettian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION