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

Easter Buns

- 18g MCT oil
- 20g Flour, Self raising – MCDOUGALLS
- 17g Ground almonds – MORRISONS
- 7g Eggs, chicken, whole, raw
- 26g Eggs, chicken, white, raw

You will also need a pinch of mixed spice or cinnamon and few drops of liquid sweetener & some Morrisons writing icing.

Mix together the Flour, Ground Almonds & mixed spice.

Stir in the beaten egg white & whole egg, MCT Oil & Sweetener.

Place in 2 silicone muffin moulds.

Bake in preheated oven for 10-15 mins 170c/150c Fan/Gas 5.

When cold make a croos on the top with the tube of writing icing. Used sparingly this does not add to the carb or if you have extra LCT fat allowance you can use butter to make the cross at the top (you can also colour this with a couple of drops of food colouring)

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