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

Easy Bakewell Cake

You will also need a few drops of liquid sweetener and vanilla or almond extract & a good pinch of Barkat Baking Powder.

Preheat oven to 180C/160C Fan/Gas 5.
Beat the egg oil, sweetener & Extract. Mix together the Coconut powder & ground almond. Mix in the beaten egg and the oil.
Put half into a silicone muffin mould. Dot over the jam.
Cover with remaining cake mix sprinkle with toasted almonds.
Cook til golden approx 15-20 mins. Serve warm or cold.

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