

Little Matty's prescription.

Little Matty is a fictitious 4 year old  
who weighs 16 kg.

**MCT KETOGENIC DIET**



**45% MCT**  
1 MEAL = 325 kcal  
9 g protein  
15 g CHO  
9.5 g LCT fats  
18 g MCT

## FLAXSEED CHEESE SCONE with MCT



- 18g MCT oil
- 13g Egg whites
- 10g Cheddar cheese – CATHEDRAL MATURE
- 22g Self raising flour - McDOUGALLS
- 14g Flaxseed milled - LINWOODS

You will also need a good pinch of mustard powder and salt.

Start by soaking the flaxseed in 20mls of water overnight they will become jelly by the morning.

Preheat oven to 190c / 170c fan / gas 5.

Finely grate the cheese then weigh.

Beat the egg white until frothy and mix well in to the flaxseed, with the mustard powder and salt.

Mix the grated cheese in to the flour and add the flax mix, combine with the MCT oil.

Shape and cook for 10-12 minutes.

**Mo's tip:** This makes a good packed lunch.

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**