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

**MCT KETOGENIC DIET**

**GINGER PARKIN**

- 18g MCT oil
- 38g Egg
- 12g Self raising flour McDougalls
- 10g Medium stone ground oatmeal Mornflake
- 9g Ground Almonds Morrisons

You will also need ½ teaspoon of ground ginger and several drops of liquid sweetener.

Pre-heat the oven to 170c / fan 150c / gas 4.
Mix together all the DRY ingredients.
Beat the egg well before weighing and then beat in the MCT oil and sweetener.
Mix all ingredients together and put mixture in to a square baking dish or loaf shaped dish.
Place on a baking tray in the oven and cook for approximately 20 minutes or until a skewer comes out clean.

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**