

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

QUICHE with MCT



- 18g MCT oil
- 21g Self raising flour - McDOUGALLS
- 15g Ham
- 25g Eggs
- 3g Cheddar cheese – CATHEDRAL MATURE
- 10g Tomatoes
- 8g Mushroom
- 14g Crème fraiche

You will also need a little seasoning and a pinch of dried herbs.

Make a dough by mixing the flour with 10g MCT oil and a pinch of salt, leave to rest in the fridge for approximately 10 minutes.

Line a 9cm flan case with the pastry (you will find it easier to work this with your fingers rather than rolling it); prick the base a few times with a fork, line with foil and fill with baking beans or rice. Cook in pre-heated oven 180c / 160c fan / gas 5 for 8 minutes. Remove the foil and return the pastry in case to the oven for 3 minutes to dry out, turning oven down to 160c / 150c fan / gas 4.

Remove skin from the tomatoes before weighing and fry in the remaining oil with the chopped mushrooms and herbs.

Beat together the cream and eggs, season, put in the chopped ham and tomato mixture and pour in to flan case. Top with finely grated cheese, cook in oven for approximately 15 minutes until the filling is set.

Mo's tip: The pastry is short but handles well. I used a loose bottom flan tin as this makes for easy removing after cooling for 10 minutes. Good item for a 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