MO’s RECIPE
3:1 RATIO
USING KETOCUISINE

MO’s HEARTY PANCAKE BREAKFAST

- 30g KetoCuisine
- 17g Eggs
- 35g Streaky bacon rashers
- 16g Baked beans – HEINZ reduced sugar
- 12g Butter
- 3g Olive oil
- 20g ALPRO light

Mix together the KetoCuisine, beaten egg and Alpro light.
Fry the bacon in the oil, when cooked remove from the pan and keep warm.
Add the butter to the pan, when hot add the batter mix.
Cook on both sides for a few minutes.
Serve with heated baked beans and bacon.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION