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

INDIVIDUAL BIRTHDAY CAKE

- 21g Butter
- 12g Coconut Powder - TRS
- 18g beaten egg
- 8g Jam – reduced sugar
- 6g Double Cream – MORRISIONS EXTRA THICK
- 5g Ground Almonds - MORRISONS

You will also need a pinch of BARKAT Baking Powder and liquid sweetener. Be careful not to ‘over do’ the baking powder as it has a powerful soda taste which can overpower the flavour. Much better to have a slightly heavier cake that tastes good!!

Soften the butter (it can be melted) and mix in to the dry ingredients, adding the baking powder; a pinch is all you need.

Add liquid sweetener to taste, stir until thickens.

Put mixture in a silicone muffin mould.

Bake in oven for 15-20 minutes 180c (fan 160c) gas 4.

Once cooked and cooled, slice in half through the middle and sandwich together the jam and cream (alternatively just use the jam and use the cream to decorate on top).

Mo’s tip: After you have made the mixture, let it stand for a minute or two, I find that the coconut powder thickens after a while, if it does then loosen with a few drops of water which will give it a lighter texture. If you need to lower the carbs then take out the jam and use the cream – you can flavour it with a sugar free flavouring.

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 dietician and he/she will help you to do this.

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