2.1:1 RATIO
2 g CHO

20 g fat
7.5 g protein
2 g CHO
Kcal: 218

KETO SCRAMBLE

- 14g Chicken – roasted light meat
- 20g Eggs
- 15g Broccoli boiled in unsalted water
- 20g Onion
- 14g Double cream – MORRISONS
- 12g Butter

You will also need a pinch of dried herbs and a little GIA garlic paste (optional).

Chop the chicken, broccoli and onions as finely as possible.
Fry the onion in the butter until cooked.
Add the chicken and broccoli with 10mls of water and heat through thoroughly.
Add the cream, egg, herbs and garlic, stir until cooked through.

Mo's tip: If preferred you could liquidise the chicken, broccoli and onion before adding the cream and egg.

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

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