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

PANCAKES using LIQUIGEN

- 20g Eggs
- 11g Soya flour – INFINITY FOODS
- 20g Self raising flour - McDougalls
- 2g Sunflower oil
- 23g ALPRO light
- 36g LIQUIGEN

You will also need some syrup to serve – ideally JOSEPH’S sugar free maple syrup.

Put to one side the oil and syrup.
Mix together the flour and soya.
Beat the egg add to the flour mix then beat in the Liquigen and Alpro to make a batter, if it is still a bit thick add a few drops of water.
Heat the oil in a medium sized frying pan.
Cook the pancake until brown on both sides.
Serve with the syrup.

Mo’s tip: This makes two pancakes and the oil is enough to cook both. I have used sunflower oil rather than olive oil as it is better for frying pancakes.

If you are using BETAQUICK you would need 90g for this recipe to achieve 19g of MCT.
You could use 36g in the above recipe and use the rest as a drink by adding some flavouring to it.

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

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