PANCAKE with MCT

(PUDDING OR SNACK PRESCRIPTION AMOUNT)

- 9g MCT oil
- 11g Self raising flour - McDougalls
- 10g Alpro soya light
- 7g Egg whites
- 18g Eggs
- 11g Single Cream
- 1g Butter

You will also need some DaVinci Syrup (or sugar free syrup of your choice) or you can use some sweetener and a squirt of lemon juice.

Whisk together the egg, egg white and Alpro.
Beat in the flour and leave to stand for a few minutes.
Gently heat half the oil with the butter in a frying pan. Add the pancake mix, cook until brown and then turn to cook the other side.
Place on a warm plate.
Add the remaining oil to the warm frying pan (no need to have the heat on), stir in the syrup (I used toffee flavour) and add the cream, mixture should just be warm.
Pour over pancakes and serve.

Mo’s tip: This makes one fairly thick pancake but easily makes two thinner ones if you spread quickly in the pan. The second one cooks without adding any extra oil to the pan.

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