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

EASTER MACAROON BISCUIT SNACK  
(PUDDING OR SNACK PRESCRIPTION AMOUNT)

- 1g Cocoa - BOURNVILLE  
- 3g Butter  
- 10g Desiccated coconut  
- 6g Ground almonds – MORRISONS  
- 7g Double cream – MORRISONS  
- 1g Raisins

You will also need some liquid sweetener or Truvia powder.

Soften the butter then mix in all remaining ingredients.  
Divide in half, roll into a ball on a non stick baking tray and flatten to form a cookie.  
Bake in pre-heated oven at 180c / 160c fan / gas 5 for approximately 15 minutes.

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