

Little Matty's prescription.

Little Matty is a fictitious 4 year old
who weighs 16 kg.

CLASSICAL KETOGENIC DIET



MEAL 4:01 Ratio

32.5 g fat

3.5 g protein

4.6 g CHO

MINI CHRISTMAS MUFFINS (using KetoCuisine)



- 16g KetoCuisine
- 5g Ground almonds - MORRISONS
- 12g Cooking apples – peeled
- 2g Raisins
- 8g Butter
- 12g Eggs
- 16g Clotted cream

You will also need a good squirt of liquid sweetener (or sweetener of choice) ¼ teaspoon of BARKAT baking powder and a good pinch of mixed spice

Reserve the clotted cream.

Pre-heat oven 180c / fan 160c / gas 5.

Finely chop the apples and raisins.

Soften the butter then just mix ALL ingredients together – EXCEPT THE CREAM.

Cook in 4 mini muffin moulds for approximately 15 minutes.

Serve with a topping of clotted cream.

Mo's tip: These make great treats / snacks as each one has only 1.2 carbs

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