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

CLASSICAL KETOGENIC DIET

MEAL 4:1 Ratio
32.5 g fat
4 g protein
4.1 g CHO

MUSHROOM SOUP

- 155g Mushrooms - chopped
- 37g Onion – finely chopped
- 11g Olive Oil
- 28g Double Cream
- 9g Butter
- 2g Knorr Stock Cube – chicken or vegetable

Cook the finely chopped onion in the oil until transparent (do not brown).
Add the chopped mushrooms and butter.
Dissolve 2g Knorr stock cube in 200mls of hot water.
Add to the mushrooms and onion and simmer for 5 minutes.
Allow to cool slightly then add the cream.
Process in a liquidiser adding a further 200mls of hot water until smooth.

When reheating DO NOT BOIL.

Add seasoning to taste and top with a pinch of herbs if desired.

This makes a good bowlful.

If you don’t have a liquidiser then a hand held model is very useful for small quantities and is not very expensive.

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