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

NOODLES MACARONI PUDDING

- 130g Miracle noodles (or ‘Skinny Pasta’ brand products)
- 50g Cream double
- 5g Butter
- 10g Ricotta cheese - MORRISONS
- 30g Alpro Light
- 19g Egg whites

You will also need a few drops of liquid sweetener, a few drops of vanilla extract and a little grated nutmeg or cinnamon.

First prepare the noodles they need plenty of rinsing in cold water.
Then bring to boil in fresh water and simmer for 1 minute.
Drain WELL then cut up into shorter pieces.
In a saucepan mix together the Alpro, cream, ricotta and butter. A few drops each of vanilla & sweetener.
Heat untill well mixed and hot.
Whisk the egg white until quite stiff, add to the noodles & cream mixture.
Put into a ovenproof dish sprinkle the nutmeg / cinnamon on top.
Cook in oven for 15 minutes 180c / 160c fan / gas 5.

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