MO’s RECIPE
3:1 RATIO

MO’s NUT ROAST

- 43g Macadamia nuts – MORRISONS
- 10g Onions
- 10g Tomatoes
- 10g Mature cheddar cheese – CATHEDRAL CITY
- 2g Sunflower oil
- 21g Eggs

You will also need ½ teaspoon of dried sage or mixed herbs and a little seasoning.

Pre heat oven to 190 c / fan 170 c / gas 5.
Grind the nuts as finely as possible.
Grate the cheese.
Chop the onion and tomato (use deseeded and peeled tomato weighed after prep).
Fry the onion gently in the oil until soft, then mix into all remaining ingredients including the sage / herb and seasoning.
Cook in pre heated oven for approximately 20 – 25 minutes

Mo’s tip: I used a mini loaf tin from Robert Dyas.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION