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

Pancakes

- 20g Self raising flour, McDougalls
- 20g Eggs, chicken, whole, raw
- 11g Soya flour, Infinity Foods
- 2g Sunflower oil
- 23g Alpro Light
- 36g Liquigen

You will also need some syrup to serve ideally Josephs Maple Syrup.

Mix together the flour & soya
Beat the egg add to the flour mix than beat in the LIQUIGEN & Alpro to make a batter.
If it is still a bit thick add a few drops of water
Heat the oil in a medium frying pan. Cook pancake til brown on both sides.
It makes two pancakes the oil is enough for both
Serve with the syrup

Mo’s Tip: I have used sunflower oil as it is better for frying pancakes rather than olive oil.
If you are using Betaquik you would need 90g for this recipe to get 18g of MCT. You could use 36g in the recipe above and use the rest as a drink by adding some flavouring to it.

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