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

PARKERS CHEESE ON TOAST

- 10g Egg whites
- 10g Egg yolks
- 16g Cream cheese – PHILADELPHIA full fat
- 2g Green pesto - MORRISONS
- 13g Butter
- 11g Cheezly cheddar style from HOLLAND AND BARRETT
- 3g Cornflour
- 7g Olive oil
- 6g Mayonnaise - HELLMANS

You will also need a tiny pinch of cream of tartar.

Start by making the pitta bread. Mix Philadelphia with the egg YOLK. Whisk the egg WHITE with the cream of tartar until stiff then fold in the Philadelphia and egg mix. Use a little of the oil to grease some non stick parchment, place on a baking tray: place the bread mix on flattening to shape, not too thin, you should get two 3 inch rounds. Cook in preheated oven 160c / fan 140c / gas 3 for 15 minutes.

Grate the Cheezly, gently melt the butter in a pan and add the cornflour, cook briefly, add the cheese, mayonnaise, oil and pesto. Spread on top of the bread, pop under grill to brown.

Cool for 2/3 minutes before serving.

Mo's tip: These can be made in advance and put under the grill when required. The bread freezes well so is good for batching up.

**Adapted from our patron Fay Ripley's cookery book - Fay's Family Food.**

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**