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

PARTY FOOD PLATTER

• 16g Silverskin or cocktail onions
• 21g Cheezly cheddar style from HOLLAND AND BARRETT
• 26g Cucumber
• 20g Carrots
• 31g Double cream
• 11g Mayonnaise - HELLMANS
• 2g Olive oil
• 16g Quails eggs
• 1g Sugar free jelly crystals - HARTLEYS

You will also need some cocktail sticks, vinegar and some dried herbs.

Boil the quails eggs for 2-3 minutes, put straight into cold water with tablespoon of vinegar which makes peeling easier.
Dissolve the jelly in 20mls of boiling water; whip the cream, NOT TOO STIFF, mix in to the jelly. This should be similar to a mousse consistency, keep in the fridge until required. It will keep for 3 days.
Cut the cheese, carrots and cucumber in to suitable pieces to put on to cocktail sticks with the egg cut in half and silverskin onions.
Mix the mayonnaise and olive oil with a pinch of herbs or seasoning. Serve as a dip.
Serve mousse as dessert.

Mo’s tip: You could use chicken eggs but quail eggs have higher health benefits and look better for this dish.

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