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

Peanut butter Cookies SNACK

- 2g Peanut Butter Crunchy Sun-pat
- 8g Coconut Virgin Oil Biona Organic
- 4g Flaxseed – LINWOODS
- 8g Coconut powder – TRS
- 1g Cornflour
- 4g Eggs, chicken, white, raw

Soak the flaxseed in a little boiling water til it is gloopy and stir the Coconut oil in.
Add Peanut butter, Cornflour, Coconut powder.
Whisk egg white then fold it into the mix.
Add a few drops of liquid Sweetener.
Place on a non stick baking tray in cookie shape it makes 3 small cookies.
Cook in preheated oven 180c/160c Fan/ GAS 5 for approx 12 mins.

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