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

PECAN COFFEE CAKE

- 9g Ground Almonds - MORRISONS
- 5g Pecan nuts – MORRISONS shelled
- 5g Eggs
- 13g Butter
- 10g Soft cheese – PHILADELPHIA full fat
- 20g Double cream – MORRISONS extra thick
- 3g Self raising flour – McDougalls
- 1g Coffee and chicory essence - CAMP
- You will also need a squirt of liquid sweetener and ¼ teasp of BARKAT baking powder

Reserve the cream for topping.
Finely chop the nuts.
Soften the butter, beat in the Philadelphia and egg. Mix in the ground almonds, flour and nuts.
Place in a 4 inch lightly oiled cake tin or muffin mould.
Bake in a preheated over for approximately 15 minutes at 190c / 170c fan / gas 5
When cold spread with the double thick cream.

Mo’s tip’s:  I sprinkled a TINY amount of cocoa on just for the photo : you can get away with doing the same if you are careful with the amount. You can use a ¼ teasp instant coffee dissolved in 10mls hot water in place of the Camp. You could also substitute pecans with walnuts but I find pecans have a more gentle flavour they are also higher in fat and lower in protein.

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

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