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

MEAL 4:1 Ratio
32.5 g fat
4 g protein
4.1 g CHO

POP OVERS WITH CREAM

- 16g Butter
- 23g beaten egg
- 19g Coconut milk
- 4g Coconut flour - TIANA
- 2g Honey – GALE’S
- 25g Clotted cream
- 4g Strawberries

Drop almond or vanilla extract, pinch salt (all optional)

Cut strawberry into 4 thin slices and put to one side with the clotted cream & honey.
Put the butter into 4 silicone muffin moulds or 6 cupcake size if you want to make smaller ones.
Place in oven turned to 180c / 160c fan / gas 4.
Combine all other ingredients mixing well, add a small pinch of salt or a drop of almond or vanilla extract if desired.
Add 20mls of cold water
Pour the batter onto the melted butter DO NOT stir it.
Cook for approx 15 minutess. Leave in mould to allow butter to be absorbed.
Mix the honey into the cream and serve in the centre of the yorkie topped with a piece of strawberry.

Good for batch cooking as the pop overs freeze well.

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