PRETEND POTATO CAKE

- 22g Mayonnaise - HELLMANS
- 13g Walnut oil
- 34g Celeriac
- 34g Egg whites
- 8g Cheezly cheddar style from HOLLAND AND BARRETT

You will also need seasoning, a pinch of dried herbs and a little Gia tomato paste.

Keep mayonnaise to one side for serving.
Grate celeriac and the cheese.
Whisk egg white until stiff, mix with other ingredients, season with salt and pepper or herbs if desired.
Drop in small mounds on to a silicone tray or parchment lined tray, this makes 5 cakes.
Bake in pre heated over for approximately 20 minutes until thoroughly cooked at 180c / fan 170c / gas 4.
Mix a little Gia tomato paste in to the mayonnaise and serve as a dip with the potato cakes.

Mo’s tip: Olive oil can be used in place of the walnut oil if preferred.

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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