CLASSICAL MEAL
2.88:1 RATIO

KETOCAL QUICHE

- 15g KetoCal 3:1 unflavoured
- 13g Coconut powder – EAST END or TRS
- 5g Butter
- 4g Ham - MORRISONS DELI
- 20g Eggs
- 5g Cheddar cheese – CATHEDRAL CITY MATURE
- 3g Double cream - MORRISONS

You will also need approximately 10mls of water and a pinch of dried herbs.

Pre heat oven to 170c / fan 150c / gas 4.
Mix together the KetoCal and coconut powder.
Rub in the butter then mix to a dough with just enough water (5 – 10mls).
Use the pastry to line a tartlet or patty tin, pushing it in with your fingers, place a small piece of baking paper in the tart and add some baking beans or rice (anything to weigh it down that won’t burn).
Cook the pastry case for 8 minutes then remove from the oven (this is not essential but it does help the pastry to crisp up).
Put the grated cheese, chopped ham and a little sprinkle of dried herbs in the case.
Mix the beaten egg with the cream and pour over the ham and cheese.
Return to the oven and cook for a further 15 minutes.
Serve warm or cold.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOCgenic DIET WITHOUT MEDICAL SUPERVISION

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