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

RHUBARB FOOL

- 173g Rhubarb
- 62g Double Cream - MORRISONS
- 8g Toasted Soya Bran – HOLLAND & BARRETT
- 3g Walnuts - MORRISONS

You will also need liquid sweetener

Stew the rhubarb until cooked to a smooth(ish) pulp, there should be no need to add water but a little will be OK if necessary.
Add sweetener to taste.
Whip cream until thick but not too stiff, gently stir in the rhubarb and toasted soya.
Spoon in to a serving dish and top with walnuts.

Mo’s tip: If you ‘nuke’ the walnuts in a microwave for 30 seconds they crisp up nicely.

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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