Little Matty is a fictitious 4 year old who weighs 16 kg.

**MCT KETOGENIC DIET**

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**SHORTCAKES with MCT**

![Image of SHORTCAKES with MCT](image)

- 18g MCT oil
- 38g Egg whites
- 14g Self raising flour - McDougalls
- 25g Coconut flour – Tiana
- 8g Butter

You will also need a few drops of liquid sweetener to taste.

Preheat oven to 180c / 160c fan / gas 5.

Rub butter in to the flour.

Beat the egg white until frothy but not stiff.

Mix all other ingredients including the sweetener, mix well to form a stiff dough.

Press in to 3 non stick patty tins or silicone moulds which have been very lightly oiled.

Prick with a fork

Bake for golden brown for approximately 10-15 minutes.

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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**