SKELETON SNACK

- 15g Celery
- 15g Cucumber
- 20g Cauliflower
- 15g Tomatoes
- 15g Green capsicum peppers
- 19g Mayonnaise – HELLMANS
- 7g Olives in brine
- 7g Red radish

You will also need some red food colouring.

Reserve the mayonnaise and olives.
Cut the vegetables in to strips and use to form the skeleton as per the photo (or any other ‘horror’ you like).
Stir some red food colouring in to the mayonnaise along with chopped olives to make bats blood, serve as a dip with the ‘bones’.

Mo’s tip: This is a snack and if it is served at a party with the WITCHES HAT it makes a complete classical 4:1 meal.

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 INDIVIDUAL’S 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