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

SNOWMAN CAKE SNACK
(PUDDING OR SNACK PRESCRIPTION AMOUNT)

- 17g Clotted cream
- 8g Egg white
- 5g Egg yolk
- 7g Cream cheese – PHILADELPHIA full fat
- 5g Jam – reduced sugar
- 2g Olive oil

You will also need a few drops of food colouring or a tube of MORRISONs writing icing, a small pinch of cream of tartar and a tiny pinch of salt

Beat the egg yolk with the Philadelphia.
Whisk egg white with the cream of tartar and salt until just stiff.
Mix together. Use ½ the olive oil to grease a baking tray.
Put the mixture in two rounds, one larger than the other and place on to the prepared baking tray.
Cook in oven on 170c / gas 3 for approximately 15 minutes, should be golden and firm.
Mix remaining oil with the jam.
Once cooled place the smaller round above the larger one and decorate with cream and jam.

Mo’s tip: It is fun for the child to do the decorating.

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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