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

MEAL 4:1 Ratio
32.5 g fat
4 g protein
4.1 g CHO

SPINACH BAKE with JELLY CREAM

- 35g Spinach
- 20g Philadelphia Cheese - Full Fat
- 38g Double cream
- 10g Butter
- 2g Wafer biscuits ASKEYS (available from all supermarkets)
- 9g beaten eggs
- Seasoning & pinch dried herbs
- 1 or 2g HARTLEY’S sugar free jelly crystals (depending on child’s preference for wobbly or more set jelly)

Start by making the cream jelly.
Dissolve the crystals in 80mls of hot water. Cool.
Whisk in 20g of the cream and leave to set in the fridge.
This will keep for 3 days.
Melt the butter and add the chopped spinach, stir on heat untill wilted.
Stir in the beaten egg with the remaining cream, Philadelphia, herbs and seasoning.
Put into a ramekin and bake in the oven 190c / 170c fan / gas 6 to 7 for approximately 15 minutess. You can microwave for 2 minutess
Best served hot but it's not too bad cold!

Serve with wafer & jelly as dessert.
The wafers I have weigh 1g each so 2 of them looks a lot, but check because they may vary but I'm sure the least you can use will be 1 ½ which looks plenty to a small child.

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

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