

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

SPOOKY FINGERS



- 4g Almonds
- 2g Ground almonds - MORRISONS
- 24g Macadamia nuts – MORRISONS
- 13g Butter
- 6g Eggs
- 2g Cornflour

You will also need a good squirt of liquid sweetener and 1/8 teaspoon of mixed spice or cinnamon.

Pre-heat oven 170c / fan 150c / gas 4-5

Grind the macadamia nuts to a paste.

Soften the butter then beat in the nut paste, ground almonds, cornflour, egg, spice and sweetener.

Shape in to fingers.

Place the whole almond on the end to form finger nails.

Cook for approximately 15 minutes.

Mo's tip: This makes a very light shortcake biscuits so they can be a little fragile! For the nails you need whole almonds with skins on. Split them down the middle, they do this quite easily once you press with a sharp knife on the end – please take care when doing this.

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