SWEET WALNUT NIBBLES
SNACK AMOUNT

( PUDDING OR SNACK PRESCRIPTION AMOUNT )

- 15g Walnut Pieces
- 6g Butter
- 2g Clear Honey
- Pinch of Cinnamon

Put walnut pieces in microwavable bowl sprinkle with a pinch of cinnamon, drizzle over the honey and dot with the butter.

Microwave on high for up to 90 seconds.

Mo's tip: These are still delicious and crunchy served cold as a party nibble

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