SWEET WALNUT NIBBLES - MEAL

- 26g Walnut Pieces
- 7g Butter
- 18g Double Cream - MORRISONS EXTRA THICK
- 4g 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.

Serve warm with the cream as a treat.

Mo’s tip: These are still delicious and crunchy served cold and make a good party nibble without the cream, however this changes to ratio target – see sweet walnut nibbles – snack treat

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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