CLASSICAL MEAL
3.5:1 RATIO

VEGETABLE BAKE

19g Carrots
27g Cauliflower
20g Celeriac
17g Cheddar cheese – CATHEDRAL MATURE
21g Mayonnaise – HELLMANN’S
15g Butter

You will also need seasoning or a pinch of dried herbs.

Grate the cheese.
Boil the vegetables until just done, chop into bite size pieces, pop back in the pan.
Stir in the Hellmann’s with half the cheese and butter, heat gently.
Season or add a pinch of dried herbs.
Place in a small heatproof dish and top with the remaining cheese.
Dot with the remaining butter and pop under a grill for a few minutes, or place in the oven until and butter melts and starts to brown.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION