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

VEGETABLE FONDUE

- 13g Cheddar cheese - CATHEDRAL MATURE
- 4g Butter
- 18g Celery
- 12g Cucumber
- 9g Radish
- 18g Carrots
- 15g Apples – eating
- 17g Double cream - MORRISONS extra thick
- 20g Mayonnaise – HELLMANN’S
- You will also need a little mustard or Gia garlic puree

Cut the vegetables and apple into sticks suitable for dipping into the cheese sauce fondue. Put the cream, mayonnaise, butter and grated cheese into a microwavable bowl and stir in a little mustard or Gia garlic puree if desired. Microwave in 30 second bursts until cheese is melted, this should not take more than 60 seconds. Serve with the veggies.

**TIP:** You can obviously alter the veggies to what suits you better and if on a modified ketogenic diet then you can add some additional protein to the recipe.

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**