WAFFLE SNACK with MCT

(PUDDING OR SNACK PRESCRIPTION AMOUNT)

- 9g MCT oil
- 10g Coconut flour - TIANA
- 3g Soya flour – full fat
- 15g Jam – reduced sugar
- 3g Egg yolks
- 9g Egg whites
- 19g Alpro light

You will also need a few drops of vanilla extract and liquid sweetener.

Beat all the ingredients together EXCEPT the jam.
You may need a few drops of water just to loosen the mixture (it should spread quite easily in to the waffle iron).
Cook in a waffle iron for approximately 4 minutes.
Serve with the jam.

Mo’s tip: This makes a good snack at supper time.

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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