Witches Soup

- 50g Tomatoes, canned, whole contents
- 11g Butter
- 20g Spring onions, bulbs and tops, raw
- 19g Cream, fresh, double
- 3g Potato crisps – WALKERS READY SALTED
- 10g Cheddar Cheese – CATHEDRAL MATURE
- 10g Mayonnaise – HELLMANS
- 2g Olive oil

You will also need a teasp of Gia Tomato & Garlic paste and a pinch of dried herbs.

80 mls of water and some salt & black pepper.

Start by sieving the tomatoes to make a puree. Weigh after sieving.

Finely chop the onions fry gently in the Olive oil and the butter until soft (not brown)

Add the tomatoes, water Gia paste & herbs. Cook gently for a few mins. It can be left at this stage til ready to serve.

When needed, stir in the cream and heat gently.

Serve with mayo, cheese cut into fingers and crisps on the side.

You could add a drop of red colouring to make the soup look more like blood!

Mo’s tip: Choose small pieces of crisps if the dips have gone before all of the mayo just stir it into the soup.

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

MEAL 4:1 Ratio
32.5 g fat
4 g protein
4.1 g CHO

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