**YORKIE PUDDINGS & HERB BUTTER**

- 26g Eggs
- 22g Alpro light
- 5g Rice flour - DOVES FARM
- 4g Butter
- 23g Olive oil
- 2g Philadelphia full fat cheese
- You will also need a pinch of salt and some mixed herbs

Mix together the butter and herbs until smooth, keep to one side for serving.

Divide the oil between 4 muffin moulds and place in oven 180c / 160c fan / gas 4.

Combine remaining ingredients with a pinch of salt to make a smooth batter.

Pour onto the hot oil and cook for approximately 15 minutes.

Leave in moulds to absorb the oil.

Serve with a dot of herb mix in each

Yorkies can be frozen - make the herb butter when required.

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**