CHRISTMAS DINNER with MCT & MINCE PIES

- 9g MCT oil
- 40g Potatoes - boiled
- 30g Carrots – boiled in unsalted water
- 25g Parsnip – boiled in unsalted water
- 30g Brussel sprouts – boiled in unsalted water
- 16g Turkey – light meat roasted
- 9g Olive oil

You will also need 70mls of stock made from a KNORR chicken stock cube or stock pot and a teaspoon of double cream (optional).

Place the potatoes and parsnips in the MCT and olive oils in an ovenproof dish and roast until brown. Make sure the dish is only big enough to hold the contents, this way the oil will not splutter about so much.

When they are brown remove and keep warm, then add the stock to the dish to make a gravy and get the residue oil, a teaspoon of double cream stirred in will help to enrich it.

Serve with the vegetables.

To complete the ratio you will need 2 mini mince pies (half the recipe) served as dessert.

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 dietician and he/she will help you to do this.

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