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

CHRISTMAS TRUFFLES

- 2g Dark cake covering chocolate - MORRISONS
- 6g Cocoa powder - CADBURY'S BOURNVILLE
- 25g Double cream – MORRISONS extra thick
- 2g Butter

You will also need a few drops of flavouring extracts, e.g. rum, brandy if appropriate or vanilla.

Finely grate the chocolate.
Put the cream, butter and 5g cocoa in a saucepan and bring to simmering.
Remove from the heat and beat in the chocolate and flavouring.
Pour in to a dish and leave in the fridge overnight.
Next day form in to small balls, dusting with the remaining cocoa.
Put in to paper cases and keep refrigerated.

Mo's tip: Use a teaspoon to shape if you find it a bit messy, but rolling in the cocoa is easiest. A few drops of liquid sweetener can be added to the cream mix with the flavouring.

These are easy to batch up and use throughout the Christmas period. Best eaten within 3 days but they do freeze well.

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