PIZZA USING KETOCUISINE

- 17g KetoCuisine
- 3g Self raising flour – ALLISONS WHOLEMEAL
- 10g Cheddar Cheese – CATHEDRAL CITY MATURE
- 8g ALPRO light
- 20g Butter
- 20g Canned tomatoes
- 8g Mushrooms

You will also need a little GIA tomato and garlic paste, some seasoning and a pinch of dried herbs.

Pre heat oven to 190c / fan 170c / gas 5.
Finely grate the cheddar cheese.
Mix together the KetoCuisine, flour and seasoning, rub in 10g of the butter.
Add 4g of the grated cheese and mix with the Alpro. Let the mix stand for at least 10 minutes while you prepare the topping.
Chop the mushrooms and fry in the remaining butter, add the tomatoes, Gia paste and dried herbs.
Put the dough on a non stick baking tray and form in to a round, it will spread a little when cooking.
Cook for approximately 10 minutes
When cooked top with the mushroom / tomato mixture, sprinkle remaining cheese on top then either pop back in the oven to melt the cheese or flash under a hot grill.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

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