SOFT FOOD RECIPE
CHEESE SCRAMBLE using KETOCAL

- 50g Egg
- 5g Cheddar cheese – CATHEDRAL CITY MATURE
- 10g Bread – HOVIS Best of Both
- 18g KetoCal liquid – unflavoured

You will also need a little seasoning.

Grate the cheese.
Make breadcrumbs.
Mix the Ketocal and egg with a little seasoning.
Cook in a pan with the grated cheese.
Stir in the breadcrumbs.

**Mo’s tip:** This makes a complete soft meal. If preferred the piece of bread could be left whole and served on the side spread with some butter.

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**