CHRISTMAS DINNER with MCT

- 19g Turkey meat - light
- 9g MCT oil
- 13g Double cream - MORRISONS
- 10g Olive oil
- 30g Brussel sprouts – boiled in unsalted water
- 33g Carrots – boiled in unsalted water
- 30g Parsnip – boiled
- 48g Potatoes – boiled

You might also need 70mls of stock made from a chicken KNORR stock pot or stock cube and seasoning.

Place the potatoes and parsnips in the MCT and olive oil in an ovenproof dish and roast until brown. Make sure the dish is big enough to hold the contents, this way the oil will not splutter 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. Stir in the cream as this will enrich and thicken it.

Serve with the vegetables and season if needed.

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