

MCT 25g / LCT 15g
Recipe supplied by Chef
Neil of
VITAFLO



40 g fat
19 g protein
8 g CHO
Kcal: 470

CHRISTMAS QUICHE



- 7g Ground almonds MORRISONS
- 32g MCTprocal™ – VITAFLO
- 4g Butter
- 10g Sausage – HECK gluten free
- 10g Bacon
- 10g Spring onions
- 10g Mushrooms
- 20g Turkey – cooked dark meat
- 15g Egg - beaten
- 25g Betaquik® – VITAFLO
- 6g Cheddar cheese - grated

You will also need 5ml water and 1 a pinch of dried sage.

Pre heat oven to 190c / fan 170c / gas 5.

Oven cook the sausage and bacon for 10 – 15 minutes until cooked, set aside and leave to cool.

Add ground almonds, MCTprocal and butter in to a bowl; rub together until you get a crumbly texture.

Add 5ml of water; mix with a spatula until it becomes a dough like texture. Spray a loose bottom mini flan tin with oil then press the mixture around the tin until evenly distributed.

Chop the cooked bacon, sausages and pre-cooked turkey and add to the base of the flan, add in the spring onions and mushrooms.

Mix Betaquik to beaten egg and pour on top of the flan, sprinkle grated cheese and sage on top.

Cook for 20 minutes until golden brown.

MCTprocal is a food for special medical purposes and must be used under medical supervision.

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