VEGETABLE BAKE

- 100g Eggs
- 40g Mushrooms
- 12g Olive oil
- 45g Broccoli
- 10g Red pepper - capsicum
- 9g Butter
- 21g Double cream
- 20g Carrots
- 25g Cauliflower
- 30g Alpro soya light

You will also need a little GIA garlic paste, some mixed herbs and a little seasoning.

Pre heat oven to 160c / fan 140c / gas 4.
Dice all the vegetables.
Beat the egg with the Alpro, cream and half the oil, add the GIA, herbs and seasoning.
Mix in the chopped vegetables.
Grease an ovenproof dish with the remaining oil, put the mixture in the dish and dot with butter.
Bake for 30 – 40 minutes until the vegetables are cooked.

Mo’s tip: This could be made using left over vegetables but you would need to recalculate!
Also, by using the vegetables from raw you will get all the flavour and nutrients in the dish.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

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