

Little Matty's prescription.

Little Matty is a fictitious 4 year old
who weighs 16 kg.

CLASSICAL KETOGENIC DIET



MEAL 4:1 Ratio

32.5 g fat

4 g protein

4.1 g CHO

CHRISTMAS PUDDING



- 20g Coconut powder - TRS
- 8g Vegetable suet
- 8g Pecan nuts - MORRISONS
- 16g Eggs
- 12g Double cream
- 2g Raisins

You will also need a 1/8 teaspoon of BARKAT baking powder, a good pinch of mixed spice and a few drops of liquid sweetener.

Keep cream to one side for serving.

Grind the pecan nuts until very fine.

Cut the raisins into small pieces, this will give a better texture.

Beat the egg then combine ALL ingredients with 15mls of water.

Lightly oil a pudding basin.

Microwave for 1 minute on high or steam for 20 minutes.

Serve with the cream poured on top.

All our recipes are tried and tested to 'Little Matty's' prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to **EACH INDIVIDUALS** prescription. Please take these recipes to your dietitian and he/she will help you to do this.

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