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

Egg Custard

- 29g Eggs, chicken, whole, raw
- 50g LCT CarbZero
- 7g Butter
- 11g Jam, reduced sugar
- 28g Cream, fresh, double

You will also need a few drops of liquid sweetener & Vanilla extract

Heat oven to 160c/140c Fan/Gas 3.

Melt the butter and mix with the Jam. Put into the bottom of a Ramekin dish.

Beat together the egg,cream & LCT CarbZero with the sweetener & Vanilla.

Put into the Ramekin.

Put the ramekin into another ovenproof dish and enough HOT water to come halfway up the ramekin.

Place in the oven and cook for approx 30 mins until set.

This can be served warm or cold. This makes a lovely supper or breakfast.

TIP : 50g of Carbzero can be replaced with 50g Betaquik if you are on an MCT diet. 50g of these products = 10g Fat if you need to replace these products withs something else.

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

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