

## MKD MEAL

### 5 g CHO



50 g fat  
10g protein  
5 g CHO  
Kcal: 510

## MACARONI CHEESE



- 27g Cheddar cheese – CATHEDRAL CITY MATURE
- 29g Double cream - MORRISONS
- 6g Self raising flour – McDOUGALL'S
- 5g Butter
- 100g Penne – SLIM PASTA
- 100g Betaquik

You will also need a pinch of mustard powder to season..

Grate the cheese before weighing.

Prepare the pasta according to the packet.

Melt the butter in a small saucepan, stir in the flour and mustard.

Gradually whisk in the cream, cook gently for 2 minutes, whisk in the Betaquik and stir until hot, add 20g of the cheese and stir until melted.

Add the pasta, place in an oven proof dish and sprinkle with the remaining cheese.

Pop under a grill to brown off.

**Mo's tip:** If you need more protein add more cheese. You can make a different taste by using ½ the cheese and adding some bacon – put it in EKM first though!! I know it is more usual to use plain flour but self raising has less carb and it works well.

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**