

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

## PANCAKES with CARBZERO



- 6g Ground almonds - MORRISONS
- 7g Macadamia nuts - MORRISONS
- 12g Eggs
- 10g Clotted cream
- 3g Rice flour – DOVES BARN
- 39g CarbZero
- 5g Olive oil
- 7g Double cream

You will also need some sugar free syrup – flavour of your choice.

Grind the macadamia nuts to a flour and mix with the rice flour and ground almonds.

Beat the egg with the CarbZero and a pinch of salt, beat into the flour mix to form a batter.

Leave to stand for at least 10 minutes, then beat again until smooth.

Heat the oil in a frying pan; add mixture which will make two small pancakes.

Mix the double and clotted cream together and serve on the pancakes with the syrup.

**Mo's tip:** As with most pancakes, the second one seems to turn out better than the first but making sure the pan is really hot does help with this. The pancake is 'fragile'; it won't roll although it holds up quite well.

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**