

Little Matty's prescription.

Little Matty is a fictitious 4 years old who weights 16 kg.

CLASSICAL KETOGENIC DIET



MEAL 4:1 Ratio

32.5 g fat

4 g protein

4.1 g CHO

SALMON QUICHE with CARBZERO MOUSSE



- 3g Butter
- 6g Pink salmon, canned in brine - drained
- 13g Eggs
- 5g Self raising flour - McDOUGALLS
- 31g Double cream
- 3g Olive oil
- 10g Mushrooms
- 52g CarbZero

First make pastry by rubbing the butter into the flour with a TINY pinch of salt & 1ml of cold water. Roll out to fit a shallow patty tin. If it is too short to roll then just press it in. Prick with a fork then bake in oven 190c / 170c fan / gas 5 untill crisp and golden, approximately 8 minutes.

Dissolve 2g of Hartleys jelly crystals in 50mls of hot water. Whisk together the CarbZero with 26g of the cream. Then whisk the jelly into the CarbZero & cream. This makes a mousse texture. Keep refrigerated til needed.

Fry the mushrooms in the oil, cool then mix in egg, remaining 5g of cream & seasoning. Put filling into pastry case and cook in oven for 15 minutes til set. 180c / 160c fan / gas 4. Don't worry that the filling comes over the pastry case - leave it in the patty tin till almost cold it will then lift out whole.

If using as a packed lunch serve the CarbZero & cream with some Crusha or DaVinci syrup to flavour as a milkshake drink.

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