

Little Matty's prescription.

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

CLASSICAL KETOGENIC DIET



MEAL 4:1 Ratio

32.5 g fat

4 g protein

4.1 g CHO

SAUSAGE ROLL with CARBZERO



- 6g Butter
- 5g Flaxseed, sunflower & pumpkin seed - LINWOODS
- 6g Wholemeal self raising flour - ALLINSON
- 99g CarbZero
- 2g Olive oil
- 16g Pork sausages - THE BLACK FARMER

Start by mixing the flaxseed with 5ml of hot water and leave for 10 minutes.

Mix together the flaxseed & flour with a pinch of salt.

Rub the butter in. Mix to a pastry consistency with cold water - 2mls should be enough.

It shouldn't be too dry or you will never roll it out.

Rest it in the fridge for as long as you can - ideally an hour.

Remove skin from sausage (do this before weighing).

Mix the oil into the sausage meat.

Roll out the pastry and roll the sausage meat to fit.

Roll the sausage meat in the pastry - this make one decent size roll.

Bake in oven 180c / 160c fan / gas 5 for approximately 20 minutes.

The pastry is a bit crumbly but it is quite a nice texture

Serve the CarbZero flavoured with DaVinci syrup or Crusha milkshake as dessert.

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