

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

## TOAD IN THE HOLE with CARB ZERO



- 14g Pork sausages – THE BLACK FARMERS
- 60g CarbZero
- 5g Rice flour – DOVES FARM
- 14g Eggs
- 16g Olive oil

You will also need a pinch of salt and a KNORR stock cube, DaVinci or Crusha syrup.

Beat the eggs with 30g of the CarbZero and a pinch of sale.

Beat in the rice flour, leave to rest for 30 minutes if time allows then beat well.

Heat ½ the olive oil in a 4 inch baking mould, preferably silicone, in oven at 180c / fan  
160c / gas 5.

Pour in the batter mix and cook for approximately 15 minutes.

Meanwhile remove the skin from the sausage and form in to a pattie.

Fry in the remaining olive oil for 7 / 8 minutes turning often.

Serve with gravy made from a little stock cube dissolved in boiling water and any residue from the frying pan.

Serve with the remaining CarbZero as a drink sweetened with DaVinci syrup or Crusha syrup.

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**