

**CLASSICAL
1.37:1 RATIO**



51.32 g fat
34.20 g protein
3.15 g CHO
Kcal: 611

CHEESE STRAWS



- 100g Italian mozzarella – MORRISONS (the solid 400g pack)
- 35g Almond flour flurry – HOLLAND & BARRETT
- 12g Mature cheddar cheese – CATHEDRAL CITY
- 20g Egg
- 3g Parmigiano-Reggiano - WAITROSE grated

You will also need 8g psyllium husks, a good pinch of mustard powder and some seasoning.

Pre heat oven to 180c / fan 160c / gas 5.

Grate the cheddar cheese on a fine grater and mix with the grated parmigiano-reggiano.

Add the psyllium husk to the almond flurry with the mustard powder, seasoning and grated cheeses. Mix well.

Melt the mozzarella in a microwave for approximately 40 seconds; but give it a stir after 20 seconds.

Mix in the dry ingredients, then the beaten egg.

Mix until a dough forms.

Roll out between 2 sheets of baking parchment, you can use folds in the paper to make even edges.

Cut in to straws (I twisted them), place on non stick baking tray and cook in pre heated oven for 10 minutes.

Mo's tip: I rolled the dough to a 10" x 5" rectangle and made 20 straws.

Each straw is: 2.5g fat / 1.7g protein / 0.1g CHO

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