Little Matty's prescription.

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

CLASSICAL KETOGENIC DIET

Ketogenic Dietary Therapies
Information • Training • Research • Support
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MEAL 4.66:1 Ratio
20.51 g fat
2.70 g protein
1.69 g CHO
202 Kcal

MINT CHOCOLATE DESSERT with CARB ZERO

- 45g Avocado
- 50g CarbZero
- 8g Cocoa - BOURNVILLE

You will also need ¼ - ½ teaspoon of liquid Hermesetas and a few drops of peppermint extract.

Place ALL the ingredients in a blender and blitz until a smooth thick mixture forms.

Serve cold from the fridge.

Mo's tip: The avocado needs to be ripe!

Alternative flavours can be vanilla or orange, using natural extracts.

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

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