

## CLASSICAL SNACK

### 6.34:1 RATIO



19.88 g fat  
0.73 g protein  
2.40 g CHO  
Kcal: 191

## CELERIAC COLESLAW



- 11g Celeriac
- 12g Carrots
- 22g Cabbage - white
- 25g Mayonnaise - HELLMANS

Thinly slice the white cabbage.

Grate the carrot and celeriac then weight it!

Mix ALL together with the mayonnaise.

**Mo's tip:** Goes well with burgers, sausages, ham etc. Or just on it's own as a snack!

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**