

CLASSICAL 4.08:1 RATIO
2.27g CHO TOTAL
1.1g CHO per portion



21.76 g fat
3.07 g protein
2.27 g CHO
Kcal: 217

CHAPATTI USING KETOCAL POWDER



- 12g KetoCal 3:1 unflavoured
- 22g Coconut flour – TRS or EAST END
- 10g Psyllium husk

You will also need a pinch of salt and approximately 100mls HOT water.

Mix all the dry ingredients together then add the HOT water, it will take approximately 100mls to form a soft dough.

Divide in to two equal parts, then pat or roll into a chapatti round.

Heat a dry frying pan and when it is hot cook the chapattis for approximately 2 minutes on each side.

Mo's tip: When you turn it over press down on the surface, this encourages it to puff up a little and makes them lighter.

Each chapatti gives: 10.8g fat / 1.5g protein / 1.1g CHO

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

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