

CLASSICAL 5.17:1 RATIO
2.24g CHO TOTAL
1g CHO per portion



21.70 g fat
1.96 g protein
2.24 g CHO
Kcal: 212

CHAPATTI



- 35g Coconut flour – TRS or EAST END
- 10g Psyllium husk

You will also need some seasoning or spice to flavour and approximately 100mls
HOT water.

Mix the coconut with the psyllium husk with enough HOT water to form a dough.

Form in to two equal pieces, then pat or roll into rounds.

Place in a dry HOT frying pan and cook for 2 minutes on each side.

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

Each chapatti gives: 10.8g fat / 1g protein / 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