

**MKD**  
**1.78 g CHO**



32.66 g fat  
15.08 g protein  
1.78 g CHO  
Kcal: 361

## CHEESE TACOS



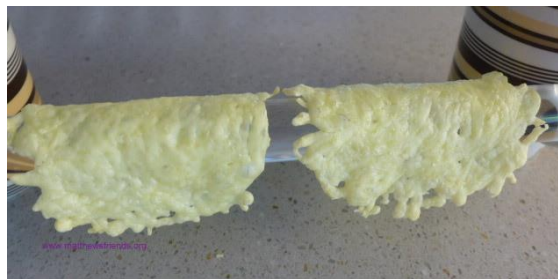
- 40g MINI BABYBEL
- 20g Lettuce
- 20g Bacon – dry fried
- 40g Tomatoes
- 20g Mayonnaise - HELLMANNS

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

Grate the cheese (each one weighs 20g so this makes it easy to divide) and place in two piles on a non-stick baking sheet, I used a silicone liner.

Bake in the oven for approximately 6 minutes until melted and just beginning to brown.

Remove from the oven, when cooled gently lift each one and drape them gently over a wooden spoon handle, or something similar, which is used to form a bridge between two mugs, leave to set into taco shells.



Shred the lettuce, slice the tomatoes and chop the bacon, divide in to two equal portions. When taco shells are cold, fill with the lettuce, tomatoes and bacon, top with mayonnaise.

**Mo's tip:** This makes two shells.

You can substitute the bacon for boiled egg or ham, but the values of the fat / protein will change.

Other cheeses can be used but check the values, I found Babybel and Edam make the stronger shell, cheddar was more fragile!

**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**