

Little Matty's prescription.
Little Matty is a fictitious 4 year old
who weighs 16 kg.
CLASSICAL KETOGENIC DIET



MEAL 4:1 Ratio
32.5 g fat
4 g protein
4.1 g CHO

APPLE CAKE



- 13g Coconut powder - TRS
- 31g Cooking apples - peeled
- 21g Butter
- 6g Ground almonds - MORRISONS
- 15g Eggs
- 8g Alpro light
- 1g Olive oil

You will also need a ¼ teaspoon of BARKAT baking powder, a good pinch of cinnamon and liquid sweetener.

Mix together to coconut powder, ground almonds, baking powder and cinnamon.

Gently melt the butter.

Beat the egg with the olive oil and a few drops of liquid sweetener.

Chop the apple in to small pieces or grate finely.

Mix everything together.

Put mixture in to silicone muffin mould.

Bake in oven for 15-20 minutes 190c / gas 5

Serve either warm or cold.

Mo's tip: This is a good pudding or lunchbox filler.

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