



# MCT DIET



**Recipe Book Includes Skill Rating!**



Making it even easier to make your favourite meals but with our easy step by step guide you won't need to be a chef to master all the stars!

This recipe book is intended for parents/carers or patients who have been prescribed MCT Oil by a Healthcare Professional. Always consult with a specialist dietitian before commencing a ketogenic diet.

MCT Oil is a Food for Special Medical Purposes for the dietary management of patients with fat malabsorption and other proven malabsorption syndromes and must be used under medical supervision.

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# Useful Tools

This recipe book has been carefully created with special thanks to Matthew's Friends and input from specialist ketogenic dietitians Helen Grossi and Mary-Anne Leung. The recipes are based on everyday meals that we hope you will love.

**The tools listed on this page will come in handy when making these delicious meals. Have fun making them!**

Chopping board



Knife



Rolling pin



Whisk

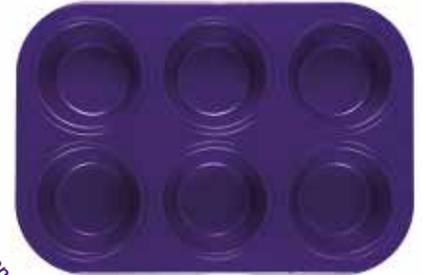


Spatula

Mixing bowl and spoon



Silicone baking tray



Weighing scales



Frying pan



Shaker and plastic tubs





## Skill Rating



Novice

Expert

Recipe serves: 1

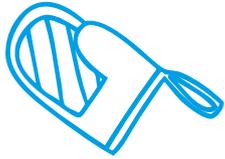
Preparation time: 10 mins

Cooking time: 20 mins



# Pizza

# Pizza



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

## Ingredients:

18ml MCT Oil  
13g self raising flour  
11g Infinity Foods oatbran flour  
10g water  
12g chopped spring onions  
16g chopped mushrooms  
15g tinned tomatoes  
Seasoning  
Pinch dried herbs  
8g grated mature cheddar cheese  
22g streaky bacon rashers

## Chef's tip:

Bacofoil makes a very good non-stick foil that needs no oil and can be used more than once

### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended



## Method:

1. Preheat oven to 180°C/fan 160°C/gas mark 4
2. Mix together the flour, oatbran flour, pinch of salt, 8ml MCT Oil and water to make a dough ball
3. Flatten to form a 4" round base on a non-stick baking tray and cook for 7 mins in the oven
4. Gently heat remaining oil and fry onions and mushrooms, remove from heat and stir in tomatoes, seasoning and dried herbs
5. Spread on pizza base, sprinkle with cheese and cook for approx 10-15 mins
6. Whilst cooking fry bacon and serve with pizza

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.



## Skill Rating



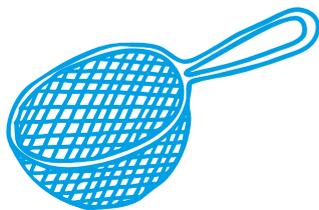
Novice

Expert

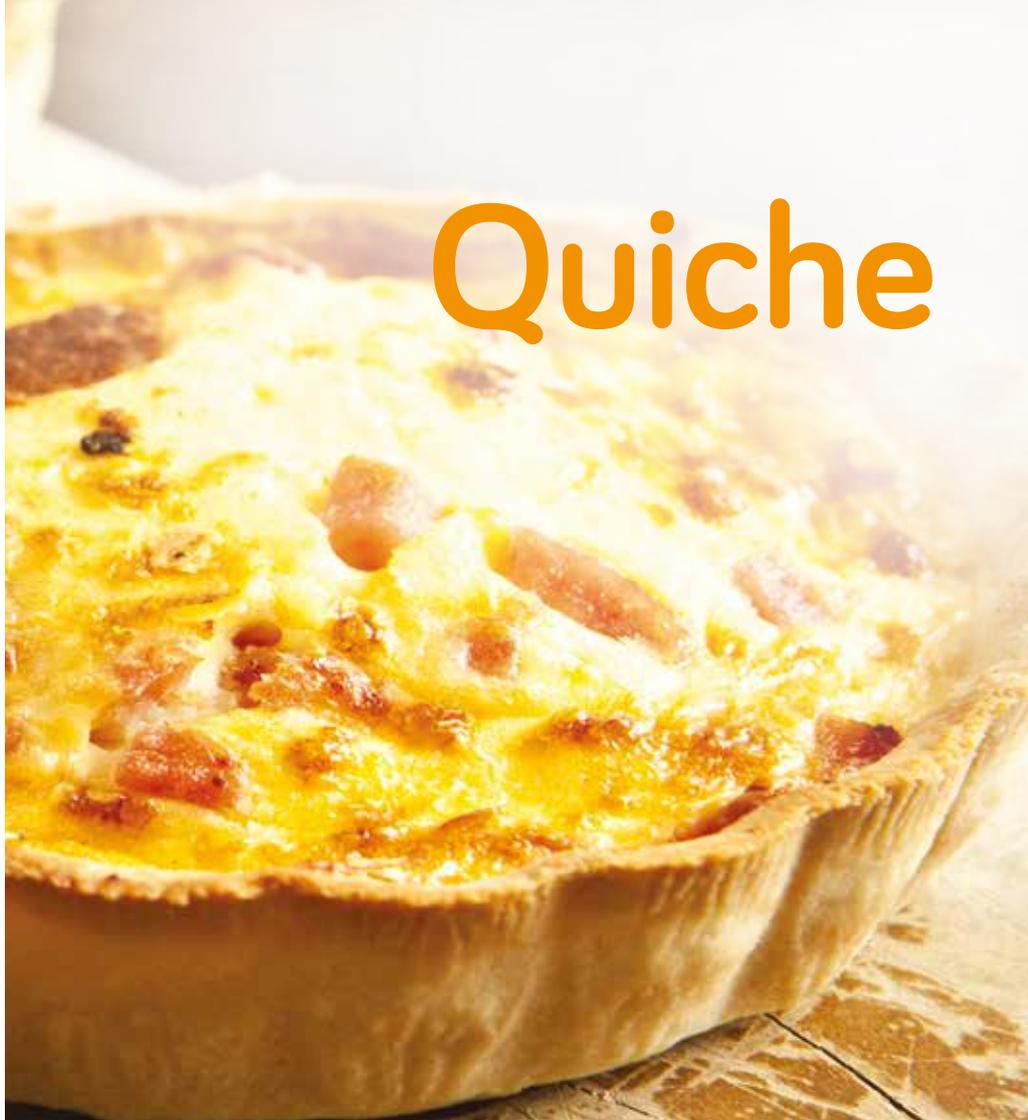
Recipe serves: 1

Preparation time: 20 mins

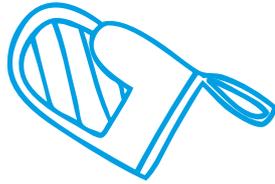
Cooking time: 20 mins



# Quiche



# Quiche



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

## Ingredients:

18ml MCT Oil  
21g self raising flour  
10g peeled tomato  
8g chopped mushroom  
Pinch dried herbs & seasoning  
15g crème fraîche  
25g beaten egg  
15g chopped ham  
3g finely grated mature cheddar cheese

## Chef's tip:

Use a loose-bottomed tin for easy removal after cooling for 10 mins  
Good item for packed lunch

### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended

## Method:

1. Preheat oven to 180°C/fan 160°C/gas mark 4
2. Mix together flour, MCT Oil and a pinch of salt, leave to rest in the fridge for approx 10 mins
3. Line 9cm flan case with pastry, pressing with fingers, prick base, line with foil and fill with baking beans/rice, cook in the oven for 8 mins, remove foil and reduce oven to 160°C/fan 150°C/gas mark 4 and cook for a further 3 mins
4. Fry tomato in remaining oil with mushrooms and herbs
5. Beat together crème fraîche and eggs, season and add ham, pour mixture into flan case
6. Top with cheese and cook in oven for approx 15 mins until set

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## Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 15 mins



# Shortcakes



# Shortcakes



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

## Ingredients:

18ml MCT Oil  
8g butter  
14g self raising flour  
38g egg white  
25g TRS or East End coconut flour  
Few drops liquid sweetener to taste



### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended

## Method:

1. Preheat oven to 180°C/fan 160°C/gas mark 4
2. Rub butter into flour
3. Beat egg white until frothy but not stiff, add all other ingredients, including sweetener and mix to form a stiff dough
4. Press into 3 lightly oiled non-stick patty tins/silicone moulds, prick with a fork
5. Bake for approx 10-15 mins until golden brown

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## Skill Rating



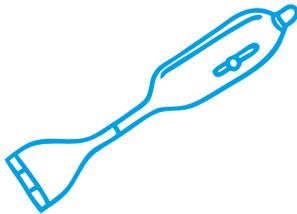
Novice

Expert

Recipe serves: 1

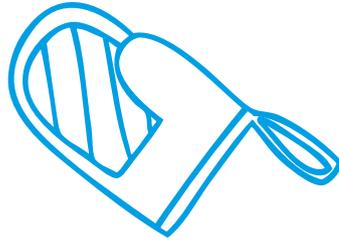
Preparation time: 10 mins

Cooking time: 20 mins



# Sultana Cookies

# Sultana Cookies



45% MCT	Approx per serving	Exchanges
kcal value	175	
Protein	4.5g	
CHO	7.5g	
LCT fats	5g	
MCT	9g	

## Ingredients:

9ml MCT Oil  
12g egg white  
10g TRS or East End coconut flour  
7g sultanas  
6g ground almonds  
Few drops vanilla extract  
Few drops liquid sweetener

## Ingredients:

Makes one good sized cookie or  
two to three small treats

### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended

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## Method:

1. Preheat oven to 190°C/fan 170°C/gas mark 5
2. Beat egg white until frothy, stir in remaining ingredients
3. Place on baking tray lined with non-stick foil or baking parchment
4. Bake for approx 15-20 mins



## Skill Rating



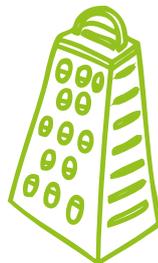
Novice

Expert

Recipe serves: 4

Preparation time: Overnight

Cooking time: 12 mins



# Flaxseed Cheese Scone



# Flaxseed Cheese Scone



45% MCT	Approx per serving	Exchanges
kcal value	82	
Protein	2.3g	
CHO	3.8g	
LCT fats	2.4g	
MCT	4.5g	

## Ingredients:

18ml MCT Oil  
14g Linwood milled flaxseed  
20g water  
13g egg white  
Pinch mustard powder  
Pinch salt  
10g finely grated mature cheddar cheese  
22g self raising flour

## Chef's tip:

Makes a good packed lunch

### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended

## Method:

1. Soak flaxseed overnight in water so that it becomes jelly-like
2. Preheat oven to 190°C/fan 170°C/gas mark 5
3. Beat egg white until frothy, mix well into flaxseed with mustard powder and salt
4. Mix cheese into flour and add to mixture with MCT Oil
5. Shape and cook for 10-12 mins
6. Divide the mixture equally into 4 servings

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## Skill Rating



Novice

Expert

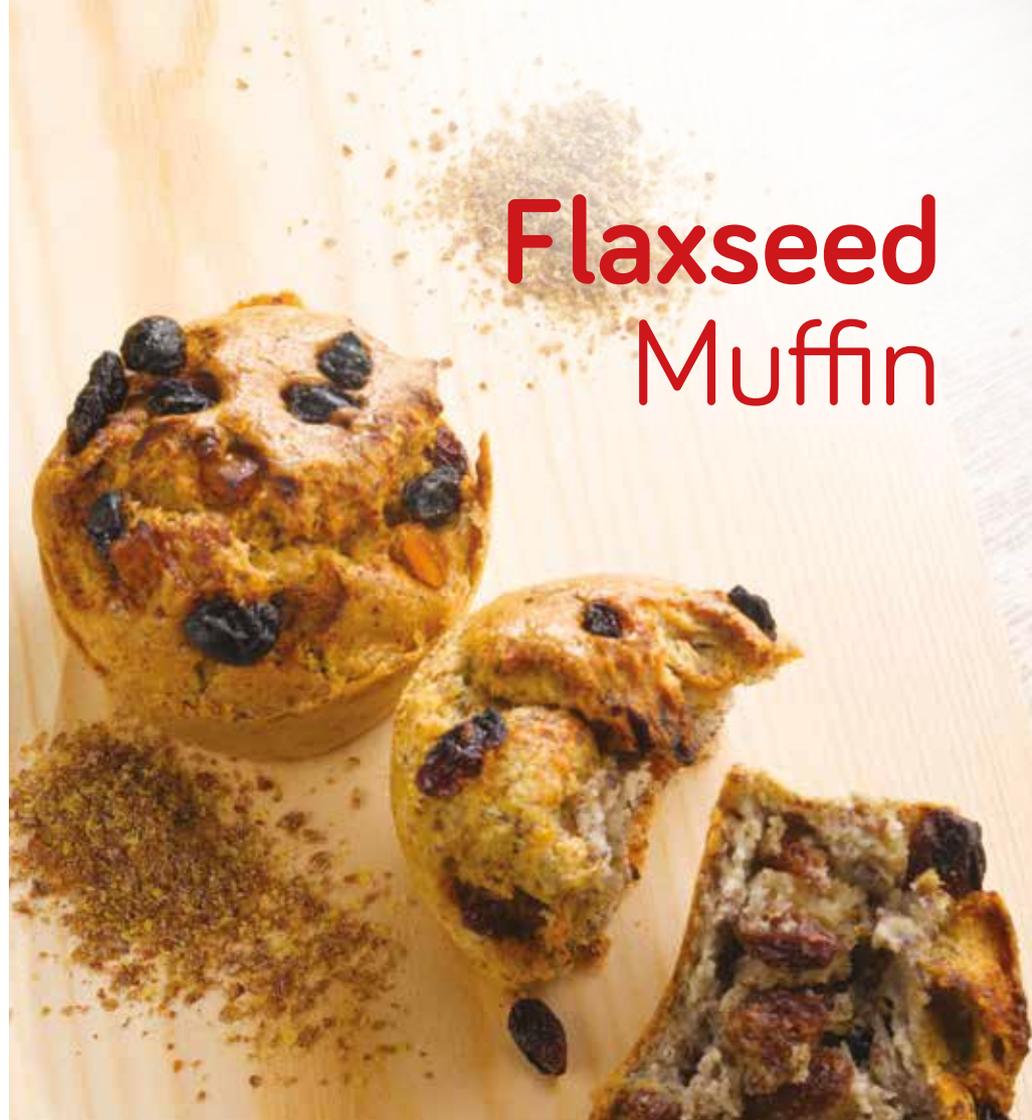
Recipe serves: 1

Preparation time: Overnight

Cooking time: 10 mins



# Flaxseed Muffin



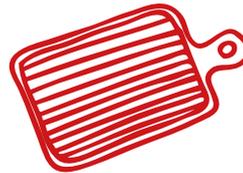
# Flaxseed Muffin



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

## Ingredients:

18ml MCT Oil  
10g Linwood milled flaxseed  
15g water  
18g beaten egg  
28g beaten egg whites  
Few drops liquid sweetener  
Few drops vanilla extract  
6g TRS or East End coconut flour  
18g self raising flour  
3g raisins  
¼ tsp Barkat baking powder



### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended



## Method:

1. Soak flaxseed overnight in water so that it becomes jelly-like
2. Preheat oven to 190°C/fan 170°C/gas mark 5
3. Beat all egg into flaxseed with sweetener and vanilla extract
4. Add the oil, coconut flour, flour, raisins, water and baking powder to the mixture and mix well
5. Place mixture in 2 moulds, bake for 15 mins

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## Skill Rating



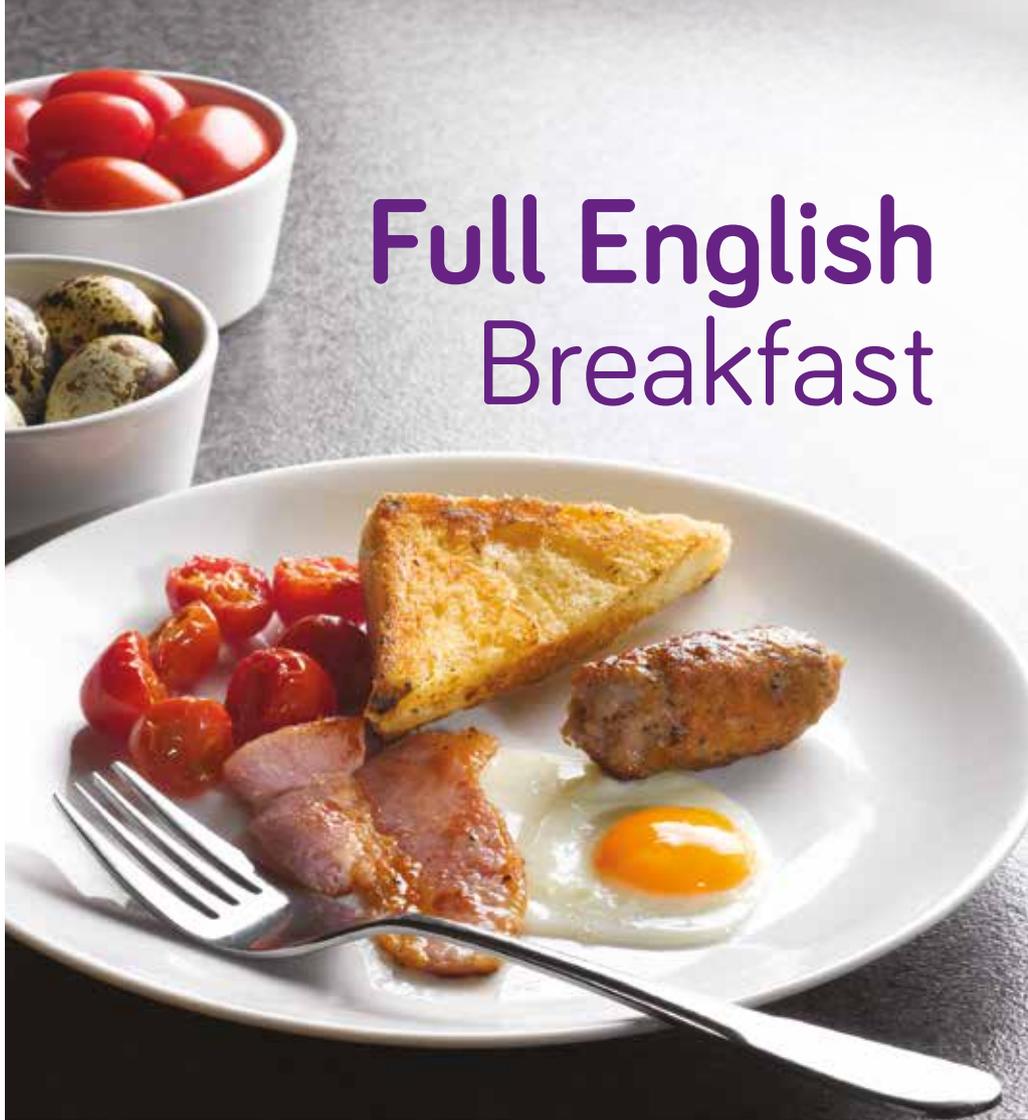
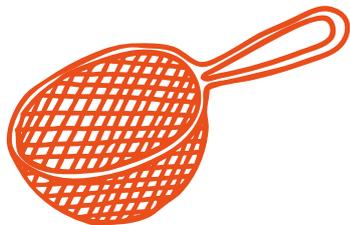
Novice

Expert

Recipe serves: 1

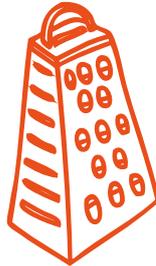
Preparation time: 10 mins

Cooking time: 10 mins



# Full English Breakfast

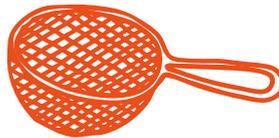
# Full English Breakfast



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

## Ingredients:

18ml MCT Oil  
29g thick sliced white bread  
18g The Black Farmer pork sausages  
10g back bacon  
18g quails' eggs  
41g halved cherry tomatoes  
3g butter  
Seasoning



### PLEASE NOTE

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## Method:

1. Cut crusts off the bread
2. Remove sausage meat from skin and form into a chipolata shape
3. Gently heat 10ml MCT Oil, add sausage and cook for 2-3 mins, add bacon and cook for 2 mins, remove from pan and keep warm on serving plate
4. Cook egg in the same pan and keep warm on plate
5. Cook tomatoes in the pan with seasoning, keep warm on plate
6. Add remaining oil and butter, fry bread until golden brown and all oil is absorbed
7. Serve all items, ensuring all residue from the pan is used



## Skill Rating



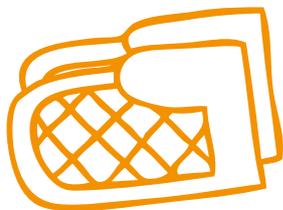
Novice

Expert

Recipe serves: 1

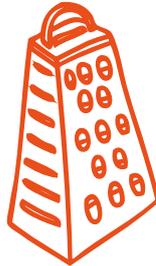
Preparation time: 10 mins

Cooking time: 20 mins



# Ginger Parkin

# Ginger Parkin



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

## Ingredients:

18ml MCT Oil  
12g self raising flour  
10g Mornflake medium stone ground oatmeal  
9g ground almonds  
½ tsp ground ginger  
38g beaten egg  
Several drops liquid sweetener



### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended

## Method:

1. Preheat oven to 170°C/fan 150°C/gas mark 3
2. Mix together all dry ingredients
3. Add egg, then beat in MCT Oil and sweetener
4. Mix all ingredients together and place in a square or loaf shaped dish
5. Place on baking tray in oven and cook for approx 20 mins or until a skewer comes out clean from the parkin

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## Skill Rating



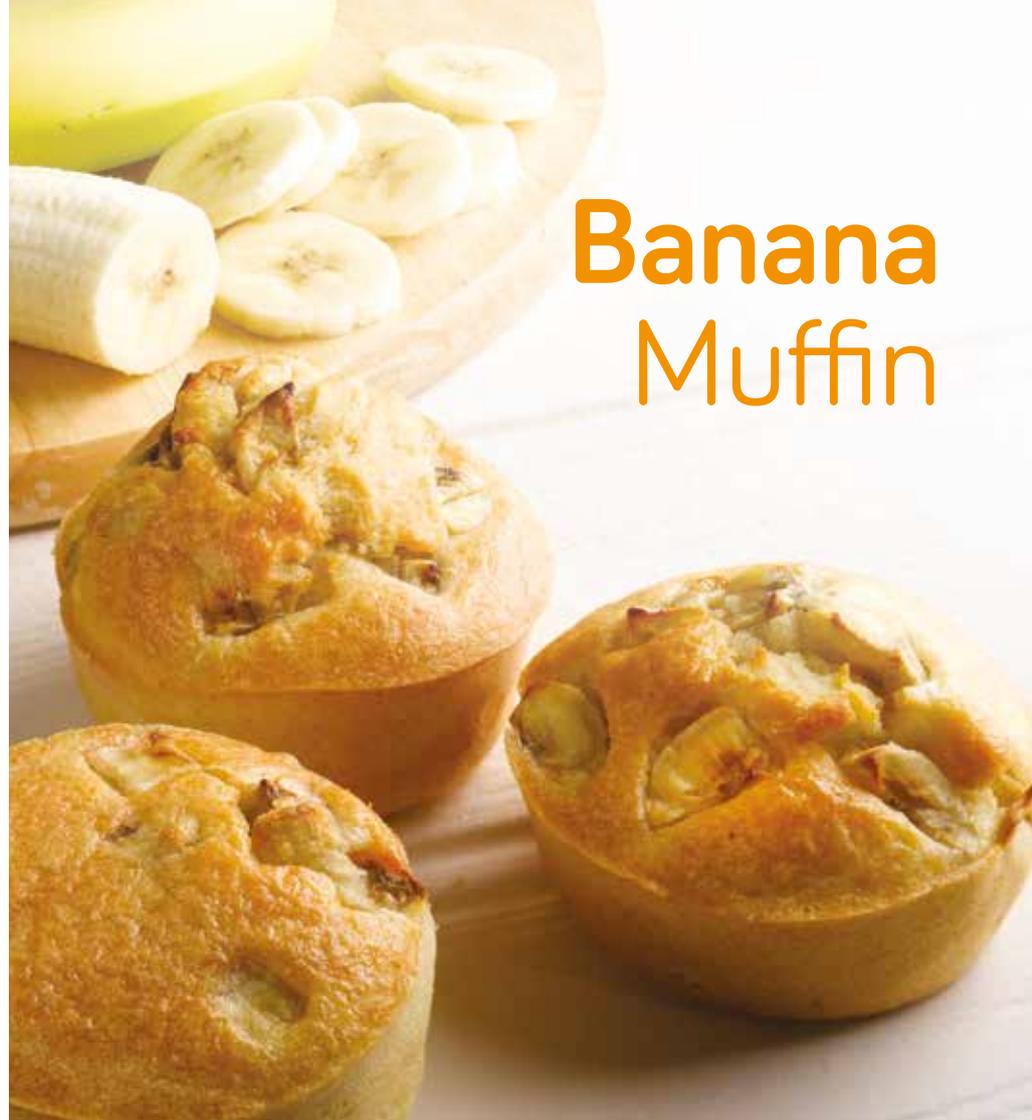
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 20 mins



# Banana Muffin

# Banana Muffin



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

## Ingredients:

18ml MCT Oil  
12g mashed banana  
17g self raising flour  
13g ground almonds  
7g egg yolk  
Few drops liquid sweetener or 1 tsp  
DaVinci banana syrup  
1/8 tsp Barkat baking powder  
34g egg whites

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

## Ingredients:

Ideal for batch cooking and freezing

### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended

## Method:

1. Preheat oven to 180°C/fan 160°C/gas mark 4
2. Mix together banana, flour, almonds, MCT Oil, egg yolk, sweetener/banana syrup and baking powder
3. Whisk egg whites until frothy and fold into mixture
4. Spoon into 2 lightly oiled silicone muffin moulds and bake for 20 mins



## Skill Rating



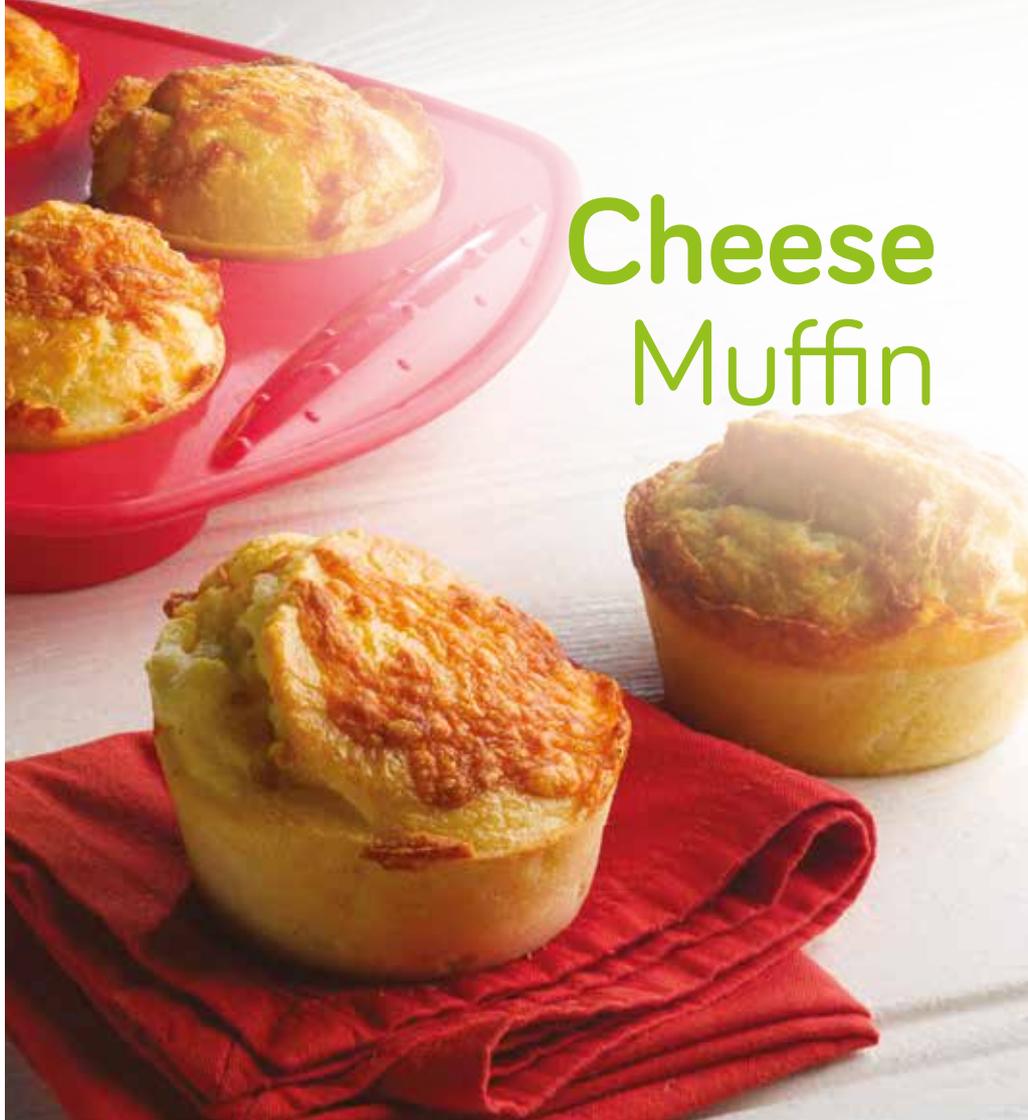
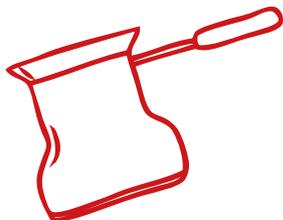
Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 20 mins



# Cheese Muffin

# Cheese Muffin



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

## Ingredients:

18ml MCT Oil  
7g egg yolk  
6g finely grated mature cheddar cheese  
21g self raising flour  
9g ground almonds  
Pinch mustard powder  
Pinch salt  
29g egg whites

## Ingredients:

Ideal for batch cooking and freezing

### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended

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## Method:

1. Preheat oven to 180°C/fan 160°C/gas mark 4
2. Reserving egg whites, mix together all the remaining ingredients
3. Whisk egg whites until frothy and fold into the mixture
4. Spoon into 2 lightly oiled silicone muffin moulds and bake for 15-20 mins



## Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 15 mins

Cooking time: 10 mins



# Chicken Wrap



# Chicken Wrap



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

## Ingredients:

18ml MCT Oil  
30g chicken thigh (dark meat)  
7g greek style yogurt  
Mixed herbs  
Seasoning  
10g Hellmann's real mayonnaise  
25g Discovery Foods soft corn tortilla  
19g shredded iceberg lettuce



### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended

## Method:

1. Flatten chicken between sheets of cling film with a rolling pin
2. Mix yogurt with 12ml MCT Oil, herbs and seasoning to coat the chicken
3. Fry gently for approx 10 mins until thoroughly cooked
4. Put chicken to one side and mop up pan residue with wrap
5. Season mayonnaise and whisk in the remaining oil
6. Lay wrap on a plate, cover with lettuce, drizzle over mayonnaise mixture, top with sliced chicken, roll and serve

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## Skill Rating



Novice

Expert

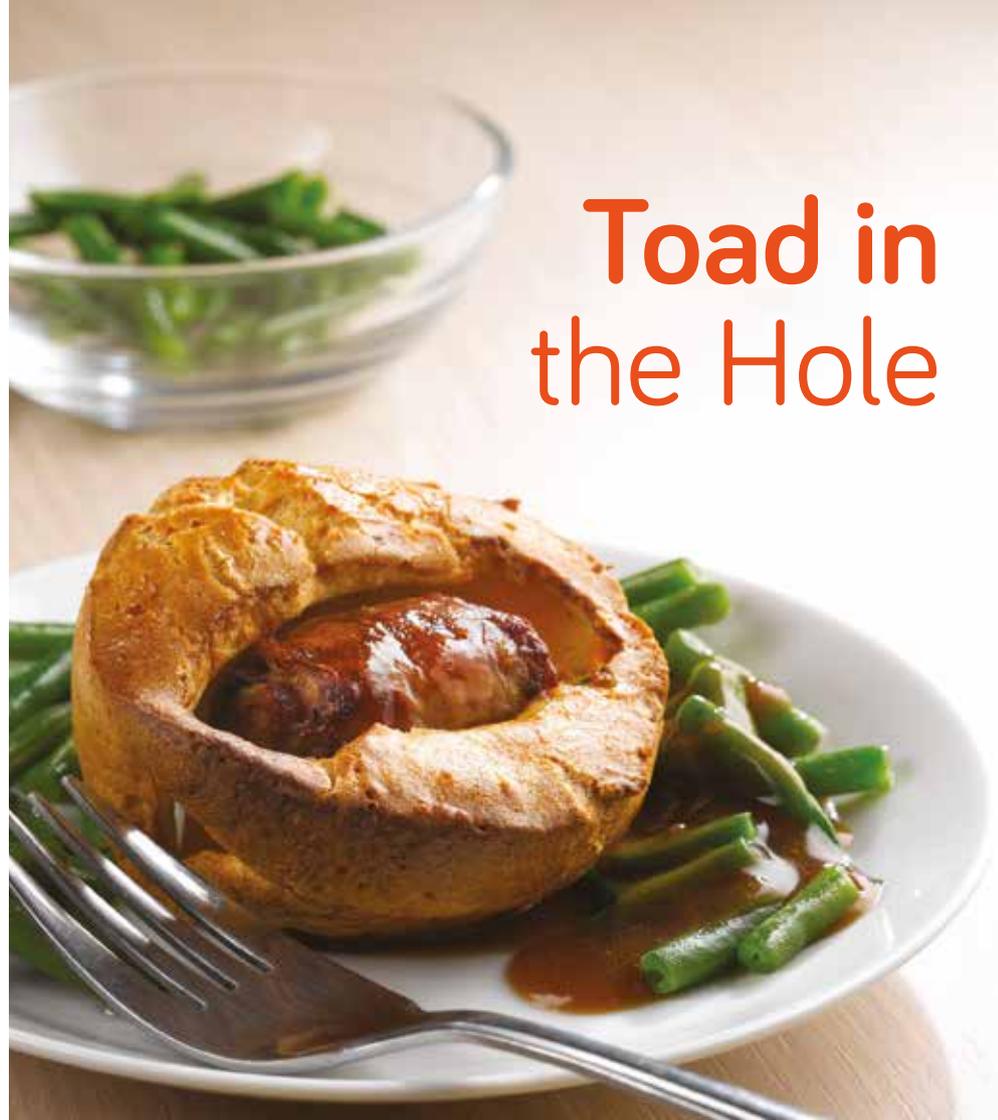
Recipe serves: 1

Preparation time: 20 mins

Cooking time: 20 mins



# Toad in the Hole



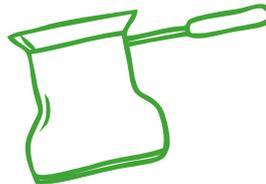
# Toad in the Hole



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

## Ingredients:

- 18ml MCT Oil
- 28g The Black Farmer pork sausage
- 22g beaten egg
- 3g double cream
- 10g water
- 18g plain flour
- Seasoning
- 13g French or green beans
- 1/8 Knorr stock cube



### PLEASE NOTE

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended



## Method:

1. Preheat oven to 190°C/fan 170°C/gas mark 5
2. Put sausage and oil in ovenproof dish and place in oven
3. Mix together egg, cream, water and flour, season with salt, beat well and pour onto the hot sausage, continue cooking for approx 20 mins
4. Boil beans in salted water
5. Make gravy with stock cube
6. Serve on a plate and drizzle any cooking residue over the batter pudding

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