

Ketogenic TOASTIE

Ketogenic dietary therapy can be effective in treating epilepsy that has not responded to anti epilepsy medications, which happens in approximately 1 in 3 people diagnosed with epilepsy.

Medical ketogenic dietary therapy is a diet high fat and very low carbohydrate diet. So we have to replace the 'usual' bread in your toastie. See below for a ketogenic friendly bread recipe (source Mathews Friends), with ingredients you should be able to pick up in your local supermarket.

Your Ketogenic Dietitian will be able to recommend other Keto bread recipes using specific ketogenic products (onprescription) as well as some ready-made keto alternatives that are also available.

Keto Flaxseed Bread (Makes 4 portions)

33g Ground almonds
80g Eggs
37g Butter
40g Flaxseed e.g. Milled flaxseed
1 teasp Baking powder
2g white vinegar
Pinch salt

METHOD

- Preheat the oven to 180 degrees
- Soften the butter, beat in the salt, vinegar and golden flaxseed.
- Beat the egg then mix in with the almonds and baking powder.
- Put into a greased loaf tin (8" X4") or line with baking paper to prevent sticking.
- Cook for 20mins. This size tin is recommended to make a flatish loaf (cut through the middle) to make slices ideal for toasties!
- Take out and let cool completely.
- Makes 4 portions (each portion = 0.75g Carbs/6.25g Protein/18g Fat).

Pesto Chicken Spinach Toastie

2 slices flaxseed Bread
1 heaped teasp Full fat mayonnaise
Basil Pesto 10g
1 portion cooked chicken
Onion (26g – thinly sliced)
Spinach (handful)
Mozzarella (30g)

METHOD

Mix pesto with mayonnaise, spread on bread, place chicken, onion and spinach into sandwich and sprinkle cheese on top and toast bread each side by placing in the pan.

Nutritional content = 4.6g Carbohydrate and 52g Fat.

If you are already following a ketogenic diet, your dietitian can help you adapt this to your individual ketogenic prescription.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION.