

# Pizza



## 2:1 ratio

- **Preparation time:** 15-20 minutes
- **Cooking time:** 10-15 minutes
- **Recipe makes** 1 portion

## Recipe provides approximately:

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	33g	23g LCT
		10g MCT
Protein	10g	
Carbohydrate	5g	
Energy (calories)	360kcal	



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# Pizza

Ingredients	Quantity	Your recipe
<b>Pizza Base</b>		
MCTprocal™	16g	
Ground almonds	15g	
Egg, beaten	10g	
Butter	10g	
Water	5g	
<b>Topping</b>		
Tinned chopped tomatoes	20g	
Cheddar cheese grated	15g	
Italian mixed herbs	A pinch	

## Method

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.

### Pizza base

2. Mix MCTprocal™ with ground almonds, using fingertips rub in butter until a sandy/crumby texture is formed.
3. Add water and beaten eggs to mixture.
4. Spread mixture into a 5 inch circle on greaseproof paper.

### Topping

5. Spread tomatoes over base, sprinkle cheese and herbs on top.
6. Cook for 10-15 minutes until golden brown.



- For a crispier base, pre-cook base for 5 minutes before adding topping and finish oven for 10 minutes



MCTprocal is a food for special medical purposes and must be used under medical supervision