

4 Cheese Pizza



1.6:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	40.1g	30.1g LCT	
		10g MCT	
Protein	20.0g		
Carbohydrate	5.0g		
Energy (calories)	461kcal		



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Ingredients	Quantity	Your recipe
Pizza Base		
MCTprocal™	16g	
Ground almonds	14g	
Butter	6g	
Egg, beaten	15g	
Water	10g	
Topping		
Tomato passata sauce	10g	
Cheddar Cheese, grated	15g	
Blue Cheese, crumbled	15g	
Mozzarella, grated	15g	
Parmesan cheese, grated	8g	

Method:

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

Pizza base:

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

Topping

1. Spread tomato sauce over base, sprinkle the cheddar, mozzarella and parmesan cheeses on top of the sauce. Place the blue cheese in the middle of the pizza.
2. Cook in the oven for 10-15 minutes until the crust is golden brown.



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

MCTprocal is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.