

# Mushroom & Olive Pizza



1.8:1 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                 | 42.8g    | 32.8g LCT |                           |
|                     |          | 10g MCT   |                           |
| Protein             | 18.9g    |           |                           |
| Carbohydrate        | 5g       |           |                           |
| Energy (calories)   | 481kcal  |           |                           |



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| Ingredients                 | Quantity | Your recipe |
|-----------------------------|----------|-------------|
| <b>Pizza Base</b>           |          |             |
| MCTprocal™                  | 16g      |             |
| Ground almonds              | 14g      |             |
| Butter                      | 6g       |             |
| Egg, beaten                 | 15g      |             |
| Water                       | 10g      |             |
| <b>Topping</b>              |          |             |
| Green pesto sauce           | 10g      |             |
| Cheddar Cheese, grated      | 30g      |             |
| Mushroom, finely sliced     | 10g      |             |
| Black olives, finely sliced | 6g       |             |
| Mixed herbs                 | 1 pinch  |             |

## 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 pesto sauce over base, sprinkle both the mushrooms and olives followed by the cheese and herbs on top.
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.