

### **Potatoes (Can be cooked with MCT Oil)**

#### **Chips**

1. Peel the potatoes and cut into chip shapes.
2. Part boil, coat in MCT Oil and bake in the oven.

#### **Roast Potatoes**

1. Coat the outside of the raw potato with the MCT Oil and bake in the oven.

#### **Creamed Mashed Potato**

1. Add skimmed milk and MCT Oil to boiled potatoes and mash together.

#### **Potato Skins**

1. Bake the potatoes in their jackets.
2. When cooked, cut the potatoes in half, scoop out the inside and mash with a little MCT Oil.
3. Add cooked & chopped onions, a little salt and some lemon juice.
4. Refill the skins with the mixture and return to the oven for a few minutes to reheat.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics