

White Sauce (Serves 1)

Ingredients

2 tablespoons MCT Oil

1 level tablespoon plain flour

190ml skimmed milk

Method

1. Heat the oil.
2. Add the flour gradually and beat well with a wooden spoon.
3. Add the milk gradually, stirring continually.
4. Cook for 5 minutes until the sauce is thick and smooth.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics