SAUSAGE ROLLS

- 125g Grated mozzarella – MORRISONS
- 42g Ground almonds – MORRISONS
- 16g Double cream - MORRISONS
- 27g Egg
- 200g Sausages – BLACK FARMER PREMIUM – remove skins before weighing
- 10g Psyllium husks

You will also need a pinch of dried herbs, sage is nice but for a stronger flavour you could use a little dried fennel seed.

Pre heat oven to 170c / fan 150c / gas 4.

Melt the mozzarella in the microwave then mix in the ground almonds, psyllium husk, egg and cream.

Mix well to form a dough.

Roll it out to a rectangle, I divided it and made two 8 x 4 inch rectangles.

Add the dried herb to the sausage meat, then form a roll to fit the length of the pastry.

Fold the other half of the pastry over to make a long sausage roll.

Cut into portions (I made 8), place on a non stick baking tray, brush with a little beaten egg (optional).

Cook in pre heated oven for approximately 20 – 25 minutes until cooked through.

**If you make 8, each sausage roll will give you: 12.5g fat / 9g protein / 1g CHO**

**Mo’s tip:** These are great for lunch boxes, or turn in to a dinner with vegetables or salad.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

**PLEASE DO NOT ATTEMPT ANY TYPE OF KETOCGENIC DIET WITHOUT MEDICAL SUPERVISION**