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1.40:1 RATIO

SAUSAGE ROLLS

- 100g Italian mozzarella – MORRISONS
- 50g 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 the dough out between two sheets of baking parchment to form 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 / 8 g protein / 0.8g CHO

Mo’s tip: Drain the mozzarella well, kitchen roll helps!! 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 KETOGENIC DIET WITHOUT MEDICAL SUPERVISION