SAUSAGE ROLLS WITH COCONUT PASTRY

- 40g Coconut powder – EAST END or TRS
- 100g Mozzarella Galbani - MORRISONS
- 28g Egg
- 16g Double cream - MORRISONS
- 10g Psyllium husk – TELEPHONE BRAND SAT-ISABGOL
- 200g Sausages – BLACK FARMER PREMIUM

You will also need a pinch of salt.

Pre heat oven to 170c / fan 150c / gas 4.
Melt the mozzarella then beat in the coconut, psyllium husk, egg and cream with a pinch of salt.
Mix well to form a dough.
Roll out to a rectangle – I made two 8 x 4 inch rectangles.
Skin the sausages and divide in to two portions, then roll to fit the pastry.
Fold the pastry over to form a large sausage roll, repeat with both portions of pastry and sausage meat.
Cut each into 4 (making 8 in total).
Place on a non-stick baking tray and brush with a little beaten egg (optional).
Cook for approximately 20 – 25 minutes until cooked through.

Each sausage roll will give: 11.6g fat / 6.5g protein / 0.9g CHO

Mo’s tip: If you grind the coconut powder to make it a bit finer this will help with the texture.

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