GHOSTIE GHoul SNACK

- 8g Cocktail gherkins – OPIES BRAND FROM MORRISONS
- 16g Chipolata Sausages – BLACK FARMERS DAUGHTER
- 12g Mayonnaise – HELLMANS
- 3g Olives oil
- 2g Potato crisps – WALKERS READY SALTED

Fry the sausages in the oil and leave to go cold.
When cold put the sausage on a cocktail stick amd cover with the mayonnaise.
Use the gherkins and crisps to make a ghost face.

Mo’s tip: I ended up just sitting the sausage in a pool of mayonnaise but the cocktail stick does help when it comes to eating it!! This is a 4:1 snack recipe BUT it is higher in protein that carbs.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

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