SOUP ‘n’ SAUSAGES
GREAT FOR HALLOWEEN / BONFIRE NIGHT

- 21g Double cream - MORRISONS
- 10g Spring onions
- 15g Butter
- 21g Chipolata sausages – BLACK FRAMERS DAUGHTER
- 3g Ready salted potato crisps - WALKERS
- 5g Olive oil
- 47g Pumpkin – boiled in salted water

You will also need a little GIA paste and some flavouring for the soup. I used 1/8 teaspoon of ground cumin, but ginger is good too!! Also, 100ml of stock or water, I used water with a dash of KNORR touch of taste chicken flavour

Fry the chopped onion and Gia paste in 2g of olive oil.
Add the chopped pumpkin, stock, butter and flavouring.
Puree (a hand blender is great for this).
Return to the pan and add the cream.
Fry the sausage in the remaining 3g of olive oil.
Serve soup, with sausage and crisps on the side.

Mo’s tip: This is a good Halloween or bonfire night treat.

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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