

# MKD MEAL

## 6 g CHO



50 g fat  
15 g protein  
6 g CHO  
Kcal: 534

## TOAD IN THE HOLE



- 18g KetoCuisine
- 39g Eggs
- 18g Sunflower oil
- 58g Sausages – BLACK FARMERS – Daughter chipolatas
- 6g Double cream – MORRISONS
- 14g Peas – BIRDS EYE frozen
- 4g Self raising flour - McDOUGALLS

You will also need to make a gravy using ½ KNORR stock cube and 50mls water.

Pre heat oven to 190c / fan 170c / gas 5 or 6.

Put the sausage and oil in an oven proof dish. Place in the oven to start the cooking.

Meanwhile mix together the egg, cream, 15mls of water, KetoCuisine, flour and a pinch of salt.

Beat well then pour over the hot sausages, continue cooking for approximately 20 – 25 minutes.

Cook the peas in salted water.

When the toad is ready, place on a warm plate, pour the gravy into the pan to get the residue fat, pour over the toad and serve with the peas.

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**