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 INDIVIDUAL’S 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