PIG IN A BLANKET

- 15g Egg
- 10g Double cream - MORRISONS
- 8g Mayonnaise - HELLMANNNS
- 9g Butter
- 8g Sausages – BLACK FARMERS DAUGHTER CHIPOLATAS
- 5g Bread – HOVIS BEST OF BOTH
- 10g Olive oil
- 14g Apples
- 4g Ricotta cheese - MORRISONS

You will also need some seasoning and a pinch of dried herbs.

Make breadcrumbs – best if the bread is not too fresh.
Grate apple and mix into the breadcrumbs with half the oil and some herbs.
Remove sausage from the skin, weigh and mix into the apple mixture.
Re-shape in to a sausage and fry in the remaining oil. When cooked keep warm.
Mix together all other ingredients (except the butter) and season.
Melt the butter in a small frying pan, pour in the batter to make a thin pancake.
Cook until set, carefully turn it over to cook the other side.
Turn out on to a plate, place the sausage on top and roll up.
Serve with any residue from the pan.

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