HAGGIS

- 14g Black pudding slices - MORRISONS
- 23g Sausages – BLACK FARMER PREMIUM
- 8g Butter
- 5g Sunflower oil
- 2g Oat bran – FINE CUT WHITE’S (available from Holland & Barrett)

You will also need a pinch of dried herbs (I used sage) and a little onion salt.

Remove the sausage meat from the skin and weigh.
Mix the black pudding, butter, herbs, oil and season with onion salt (optional).
Form in to an egg shaped ball.
Roll tightly in cling film, this helps with the shaping.
Twist ends and tie to make a handle, place in a small pan of boiling water, cover with a lid and simmer for 20 minutes.
Cool in the cling film for a few minutes, it is then ready to serve.

Mo's tip: You can freeze these but make sure you reheat them well when serving.

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