TOAD IN THE HOLE

- 30g Eggs
- 7g Plain flour – McDougalls
- 17g Double cream
- 25g Sunflower oil
- 70g Sausages – Black Farmer Premium

You will also need a pinch of salt and 10g of water.

Pre heat oven to 190c / fan 170c / gas 6.
Mix the water in to cream with a pinch of salt.
Beat the egg, then beat in the flour and cream, leave in the fridge while you cook the sausage.
Put the sausage and oil in to a small ovenproof dish and place in the oven for 10 minutes.
Pour the batter over the sausage and return to the oven for a further 15 – 20 minutes.

Mo’s tip: You could make a light gravy to go with this using a little KNORR stock dissolved in hot water.
When you remove the toad from the dish you could add the stock to the dish, this would ensure you get all the fat content and it will flavour the gravy.
You can of course use your preferred oil, and there are other brands of low carb sausages available – always check the label!

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

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