MUMMIES FINGERS AND BLOOD DIP

- 8g Double cream - MORRISONS
- 14g Eggs
- 25g Ground almonds – MORRISONS
- 50g Italian mozzarella – MORRISONS
- 199g Sausages – BLACK FARMER PREMIUM
- 5g Psyllium husk
- 40g Mayonnaise – HELLMANN’S
- 24g Tomato ketchup -HEINZ NO ADDED SUGAR

You will also need a pinch of dried herbs, sage is nice but for a stronger flavour you could use a little dried fennel seed.

Pre heat oven to 170c / fan 150c / gas 4.

**Remove the sausage skin before weighing.**

Melt the mozzarella in a microwave until it looks milky, then mix in the ground almonds, psyllium husk, egg and cream, mix well to form a dough.
Roll it out to a rectangle between two sheets of baking parchment.
Form the sausage meat in to 8 even sized rolls.
Cut the pastry rectangle into 8 strips, wrap the pastry strips around the sausage to look like ‘mummies’ bandages.
Place on a non-stick baking tray and brush with a little beaten egg (optional).
Cook for 20 – 25 minutes until cooked through.

**TO MAKE THE DIP:** Place the mayonnaise in a dish and swirl through the ketchup to look like blood streaks, or mix in totally if preferred. This is easy to weigh into 8 portions if necessary.

**Mo’s tip:** I used a pizza cutter to cut the pastry, it made it easier!
Also good for non-keto eaters – less than 1g carb per finger and dip.

Each mummie finger and 8g of dip has: 12.6g fat / 5.9g protein / 0.9g CHO

**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**