BISCUITS AND GRAVY

- 50g Salted macadamia nuts
- 54g Eggs
- 29g Olive oil
- 125g Sausages – BLACK FARMERS DAUGHTER CHIPOLATAS
- 50g Soft cheese – PHILADELPHIA FULL FAT

You will also need 50g of chicken stock made with a little stock cube, and some salt and pepper.

Remove the skins from the sausages and then cook them.

**To make the biscuits:**

Roast the macadamia nuts, then grind until they are really fine.

Mix with the beaten egg, 12g of the olive oil and a pinch of salt.

Heat a lightly greased frying pan and divide the batter into 3 equal portions, fry for a few minutes on either side.

Keep one portion and freeze the remaining two.

**To make the gravy:**

Cut the sausage into pieces, then place in a blender with the remaining 17g of olive oil, Philadelphia, stock and a little pepper, blend until smooth.

Divide into three portions, freeze two then serve the remaining one with the biscuit.

Each portion gives: 36g fat / 10.6g protein / 1.8g 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