HALLOWEEN PLATTER

- 17g Double cream – MORRISONS
- 27g Egg
- 43g Ground almonds – MORRISONS
- 125g Italian mozzarella – MORRISONS
- 42g Cheese ‘n’ ham in a tube – PRIMULA
- 10g Edam cheese slices – MORRISONS
- 30g Tinned chopped tomatoes – NAPOLINA
- 12g Mushrooms
- 10g Spring onions
- 10g Psyllium husk
- 3g Olive oil
- 15g Milano salami - MORRISONS

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

Pre heat oven to 170c / fan 150c / gas 4.
Drain the mozzarella on kitchen roll then cut into small pieces.
Mix together the ground almonds and psyllium husk with a pinch of salt (optional).
Beat the egg and mix with the cream.
Melt the mozzarella in the microwave for 30 seconds, stir, then melt for a further 30 seconds, you may need to do a further 30 seconds to make sure it has melted.
Beat in the almond mixture and the egg mixture until a dough is formed. It does form a dough honest!!
To make the Halloween snacks shown, divide into 2 equal pieces. Use 1 piece to make 6 snakes and the other piece to make 3 pizzas. You can make these well in advance, keep in the fridge for 3 days or freeze, then finish off when required.
Make the snakes by rolling into equal pieces, shape into snakes on a lined baking tray, flatten them slightly.
Form the remaining dough into 3 mini pizza bases.
Cook in a pre heated oven for approximately 15 minutes until golden brown.
For the snakes simply pipe along the body with the Primula cheese, if you do it on the scales you can see how much you are adding. I got 7g on to each one. Make eyes with either a tiny piece of olive or use food colouring.
For the mini pizzas, fry the chopped onions and mushrooms in the olive oil, then add the chopped tomatoes, herbs and a little seasoning if required.
Cut 2 ghost shapes from the Edam cheese slices, each ghost will be 5g but if you have the fat and protein allowance, a bit bigger may not matter! You can add eyes with food colouring.
With the other pizza I made a witches hat, just fold one slice of salami in half, make it into a cone and sit it on the other slice to form a hat, then simply place the hat on top of the cooked base with the cooked vegetables. There is no need to put these back in the oven, they can be eaten warm but are also OK cold.

Mo’s tip: These are all very low carb, less than 1g in each piece.
The eggs pictured are just hard boiled, decorated with edible ink.
For anyone not having so much protein available, you could just use ½ an egg.