

Mini Fry Muffins



Ingredients	Quantity	Your recipe
Sausage, gluten free, skinless e.g. Heck	20g	
Olive oil	3g	
Butter, melted	10g	
Mushrooms, finely chopped	20g	
Spring onions, finely chopped	5g	
Egg, beaten	40g	
K-Quik	35g	
Ham, finely chopped	10g	
Cheddar cheese, grated	10g	



Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. Place sausage on a baking tray, and bake in oven for approx. 10 minutes until cooked, but not crispy.
3. Meanwhile, heat olive oil and butter in a saucepan over a medium heat. Add mushrooms and spring onions, fry until soft.
4. Mix the egg and **K-Quik** in a bowl. Add ham, cheese, cooked mushrooms, spring onions and mix until combined.
5. Once the sausage has cooked, chop finely and add to bowl.
6. Using a silicone muffin tray, divide mixture equally into two muffin holes. Cover with baking paper or foil and bake in oven for approx. 20 minutes.
7. Once cooked, leave to cool and remove from muffin tray.
8. Serve warm.

For alternative textures...

Below you'll find guidance on how to achieve a different texture for this recipe, if required.

Always check with your dietitian about what is best suited to your requirements.



1. Repeat steps 1-7 of IDDSI level 7 method.
2. Transfer to a jug, add 30ml of boiled water and blend until a smooth thick purée is achieved.



1. Repeat steps 1-7 of IDDSI level 7 method.
2. Transfer to a jug, add 70ml of boiled water and blend until smooth.



K-Quik is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.



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