

Toad in the Hole

Calcium*
Vitamin D
Iodine



SERVES 4

Ingredients

- 100g Plan Flour
- 225ml dairy free milk of choice
- 3 eggs
- 8-10 pork sausages
- Oil

Directions

- Place the flour in a mixing bowl. Make a well in the centre and add the cracked eggs in. Use a whisk or fork to whisk into the flour.
- Gradually add the milk, whisking together to form a smooth batter.
- Put the batter in a jug and put in the fridge for an hour or longer. It can be left overnight.
- Preheat the oven to 200C/190C Fan
- Arrange the sausages in an oiled oven proof dish or deep roasting tray. Cook for 25 minutes.
- Carefully remove and quickly pour the batter over the hot sausages. Return to the oven for 30-45 minutes until the batter has risen and turned crisp and golden.
- Remove from the oven. Serve with vegetables, mash potatoes and gravy.

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* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Lactose & Galactose Free Recipe