

Toad in the hole

Autumn is definitely here!

If you are thinking of cooking a warming comforting meal, you need go no further than the recipe for toad in the hole.

However, there is a catch if you are lactose and gluten or wheat free. How does the toad get in the free from hole? Make the following recipe and find out!



Ingredients

Serves 4

- 400mls of lactose free milk
- 8 gluten free sausages
- 200g of gluten free self-raising flour
- 1 tsp of gluten free mustard powder
- salt & pepper
- 3 eggs
- 1 tbsp of olive oil

Method

Gas mark 7, 220°C, 200°fan

Weigh the flour into a bowl, add the mustard powder, and mix well.

Break the three eggs into the bowl and add the lactose free milk, salt, pepper, and mix well to make the batter for the Yorkshire puddings.

Add the oil to an ovenproof dish and heat in the oven.

Prick the sausages, add to a frying pan with a little oil, and cook until brown. Once cooked add the sausages to the preheated ovenproof dish.

Pour around the batter and place in the centre of an oven until the surface is nice and brown and the batter is cooked.

If you have a problem with higher fat foods and your IBS then you might need to be cautious with your portion size.

Also, do not forget this is a high fat meal so it is for occasional consumption only.