

Keto Toad in the Hole

Hands-on 10 minutes Overall 40-45 minutes

Nutritional values (per serving, 1 slice): Total carbs: 5.9 g, Fiber: 1.9 g, **Net carbs: 4 g,**

Protein: 38 g, Fat: 39.7 g, Calories: 531 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 3 large eggs
- 1/2 cup coconut milk or heavy whipping cream (120 ml/ 4 fl oz)
- 1/2 cup unsweetened almond milk (120 ml/ 4 fl oz)
- 1/2 cup extra fine de-oiled almond flour (60 g/ 2.1 oz)
- 1/4 cup unflavoured whey protein powder (25 g/ 0.9 oz)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Italian herb mix (oregano, basil, thyme)
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 2 tbsp duck fat or ghee (30 ml)
- 8 average gluten-free sausages (480 g/ 16.9 oz)

Instructions

1. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Once hot, grease a baking pan with the duck fat and place the sausages in. Transfer into the oven and bake for about 10 minutes. When done, remove from the oven and set aside. Meanwhile, prepare the batter by mixing the eggs with coconut milk.
2. Add almond milk and whisk until well combined.
3. Add the baking soda and onion powder.
4. Add garlic powder, dried herbs and salt. Mix until well combined.
5. Mix the de-oiled almond flour and protein powder.
6. Sift the dry mixture through a sieve and mix in the batter. This way you will avoid lumps and achieve a smooth texture.
7. Pour the batter into the pan with sausages and place back in the oven for 30-35 minutes. When done, remove from the oven and set aside to cool down.
8. Enjoy hot or cold and store in the fridge for up to 4 days. Try with

freshly chopped vegetables, Spicy Chocolate BBQ Sauce or Dijon mustard (you can make your own).

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