



Hot Dogs in Cheesy Blankets

Recipe makes:

6 portions

Preparation time:

20 minutes

Chilling time:

10 Minutes

Baking time:

20 Minutes

Nutritional Information

1 Portion

Energy	235kcal
Carbohydrates	0.81g
of which sugars	0.29g
Protein	13.2g
Fat	19.9g

Ingredients:

- 113g shredded mozzarella
- 56g reduced- fat cream cheese
- 28g ground flour
- 1 medium egg, beaten
- ¼ ground onion powder
- ¼ tsp ground garlic powder
- ¼ tsp baking powder
- 6 (270g) all beef hot dogs
- Vegetable oil
- Hemp seeds

Serving Suggestion:

- Top the wrapped hot dogs with fresh seasoning of choice.

Chefs Tip:

- Use spray oil for oiling the parchment paper.
- Double the recipe for a great party food.

Method:

1. Preheat oven to 200°C/ fan 180°C/ gas mark 6.
2. Melt the mozzarella and cream cheese in a microwave (600W) for 1 minute and mix well. Repeat this step twice more so you have melted the cheese for a total of 90 seconds mixing well in between. Ensure the cheese is melted but not bubbling.
3. Remove from the microwave and let cool until ready to touch.
4. In a separate bowl, mix almond flour, egg, and seasoning together.
5. With oiled hands, mix the flour mixture with the cooled melted cheese mixture until the dough is smooth.
6. Place the dough in a bowl, cover and chill for 10 minutes.
7. When the dough is chilled, cut the dough into 6 equal sized balls and roll them between two pieces of lightly oiled parchment papers until each one is about a 20cm long and 5cm wide rectangle.
8. Lay a dried hot dog on each flat dough and roll the dough around the hot dog with the help of the parchment paper, and with your fingers pinch the ends of the dough together. Reuse the same parchment paper by lightly oiling it in between.
9. Place the hot dogs in blankets on a baking sheet lined with parchment paper.
10. Bake for 20 minutes or until golden.
11. Remove from the oven and sprinkle a few pinches of hemp seeds on top of the hot dogs.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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