

healthy body



healthy mind

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Sausage and mash

6 sausages
3 carrots
½ swede
2-3 pinches of ground nutmeg
2 tsp. low fat cream cheese

Method

Very simply cook the sausages in the oven as the packaging denotes. Peel, chop and boil the swede until they slide off a sharp knife when poked.

Mash or blend the carrot and swede together mixing in the cream cheese and nutmeg.

Season to taste and serve with salad or broccoli.

Onion gravy goes very well with this dish.