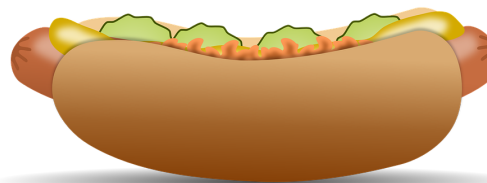


## PKU Hot Dogs

2 jars of 4oz carrot baby food (2 x 128 ml Heinz carrots, stage 1)  
1  $\frac{3}{4}$  cup (420 ml/175 g) Cambrooke Baking Mix  
 $\frac{1}{2}$  Cup (120 ml/48 g) Country Sunrise instant Potatoes, dry mix  
1 Tbs (15 ml/9g) PaneRiso Egg Replacer  
 $\frac{1}{2}$  Tsp Garlic Powder  
1 Tbs (15 ml/16 g) BBQ sauce

Mix all ingredients together (It will be like play dough)  
Roll out and wrap in Saran Wrap  
Tie off and boil lightly for 10-15 minutes



Be careful to watch that the wrap doesn't split.

Let cool slightly and remove wrap let cool the rest of the way.

### TIPS:

We have kept wrapper on and fridge/froze - Outcome - Good  
We also poked with "pogo" stick and dipped in Cambrooke's MixQuick and Deep fried (hot grease to start) making a "Pogo"

Nutritional Information provided by retired Sick Kids Dietitian, Valerie Austin

YIELD (from above-mentioned recipe):

Total Weight 556 grams

We make this into 10 equal hot dogs 55-56 grams each  
(can be made bigger for sausages)

PER 55 G WEIGHT (1 hotdog)

0.5g protein, 19 mg PHE, 101 kcal