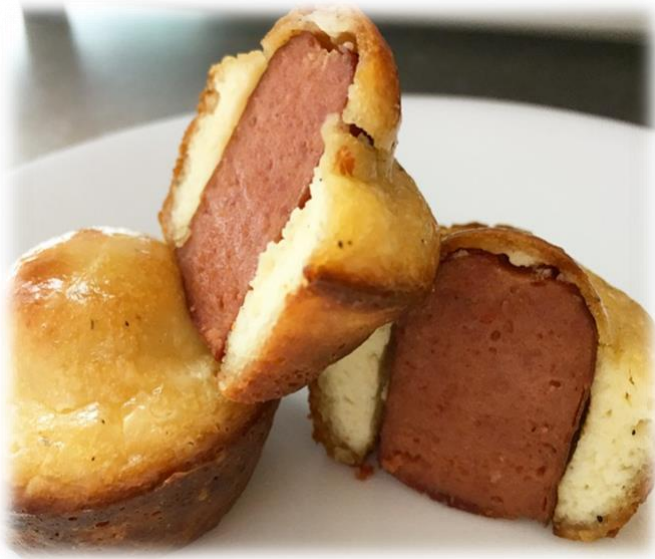


PIGS IN A BLANKET



	Ingredients	Exchanges
Protein	5.6 gm Bob's Red Mill® soy flour -----	1.8 (+0.9 gm fat) -----
	6 gm raw egg -----	0.4 (-0.4 gm fat) -----
	19.7 gm beef hot dog	1.5 (-4.5 gm fat)
Fat	26 gm mayonnaise	6 (-4 gm)
Carbohydrate	<i>Served on the side</i>	
Other	Salt, pepper, onion powder, dry mustard -----	
	1 tsp water	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, weigh the soy flour, egg, and mayonnaise.
- Season the mixture with pinches of salt, pepper, onion powder, and dry mustard.
- Using a rubber spatula, stir in the water to form a smooth batter.
- Spray a small muffin pan with non-stick cooking spray.
- Cut the weighed hot dog into evenly divided pieces or slices.
- Place the hot dog pieces into the muffin pan.
- Pour the batter over top of the hotdog.
- Bake at 350° F for 15-20 minutes until golden brown on top.
- Allow to cool for 3-5 minutes before removing from mold.
- Serve warm.

VARIATIONS

- This recipe can be frozen for up to two months in a sealed storage container or sandwich bag. For best results, reheat in a toaster oven, hot pan, or oven.
- If the crust texture is too soft, we recommend serving a few of the required fat exchanges the side instead of in the crust. Examples of fat on the side could be a mayonnaise dip or syringe of canola oil.
- Other proteins can be used such as turkey hot dogs, bacon, cheeses, or extra firm tofu.