



Sausage pitta bread sandwiches

Sausage pitta breads are brilliant for breakfast and make a fast, easy lunch. Choose good quality 85% protein and up sausages.

Quantities depend upon how many you are feeding.

Remember that cured meat which includes sausage and bacon should ideally be consumed no more than twice each week.

Ingredients

- 85% protein (or upwards) sausages
- Brown pittas



Method

1. Simply cut your pittas to make pockets, they can be toasted if you prefer.
2. Assemble your sausages into the pitta breads and add mustard or hummus or guacamole or tabasco or worcestershire sauce.
3. Eat and enjoy.

The Grange
Welford Road

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