

Hot Dogs

Ingredients:

*Country Sunrise Vegetable Hot Dog Mix**
Casings (optional)



Preparation:

1. Preheat oven to 300°F.
2. Roll formed hot dogs up in foil and then knot off each end by just twisting the foil tightly.
3. Bake them at 300 degrees for about 30 minutes. You can bake eight at one time.
4. When you unwrap them they have a beautiful hot dog shape and color.
5. Enjoy immediately or leave them wrapped in the foil like that to keep in the fridge or even freeze and just unwrap and heat up as needed.

Nutritional Information

Serving size	Phenylalanine, mg
Per 6-inch length of casing	
Sheep casing	1.0
Hog casing	3.6
Synthetic casing	5.5

* PKU Perspectives