Smoked Salmon and Scrambled Egg

- 40g Smoked Salmon
- 15g Butter
- 41g Double Cream
- 1 Large egg
- 50g Alpro soya light milk

Melt butter; add whisked egg, soya milk & cream, seasoning of choice, stir over heat to make scrambled eggs and serve with smoked salmon.

Add Fruit of your choice to total 3.5g CHO from your exchange list.

Omelette

- 2 medium eggs
- 100g Alpro Soya light milk
- 22g Double cream
- 20g Spinach (raw)
- 40g Mushrooms
- 14g Olive oil
- 10g Cheddar Cheese
- 25g Yeo Valley Natural yoghurt
- 44g Raspberries

Heat oil in non stick frying pan, mix the eggs with the milk & cream with seasoning of choice.

Pour into pan, add sliced mushrooms & spinach, grate cheese on top. Turn over or finish top under grill.

Yogurt with raspberries or other fruit = to 2g CHO from exchange lists.