SPINACH FRITTATA

- 67g Eggs
- 50g Spinach
- 27g Mushrooms
- 15g Cheddar cheese – CATHEDRAL MATURE
- 29g Double cream – MORRISONS
- 22g Boiled potatoes
- 6g Ham – MORRISONS deli
- 8g Olive oil

You will also need a little seasoning.

Chop the mushrooms, spinach leaves (ready washed), potato and ham.
Finely grate the cheese.
Whisk together the egg and cream with a little seasoning.
Heat a frying pan with the olive oil and fry the mushrooms for one minute, then add the potato, ham and spinach, cook until the spinach wilts down. It seems like a lot but it reduces very quickly. Stir in the egg mixture and cheese.
Cook for a few minutes and then place under a hot grill just to finish cooking the top.
Slide gently on to the serving plate.

Mo’s tip: This is a substantial meal. Before weighing the spinach discard any thick stalks.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION