POSH SCRAMBLED EGGS

- 20g Eggs
- 3g Mackerel - smoked
- 7g Butter
- 14g Double cream – MORRISONS
- 8g Olive oil
- 9g Wholemeal bread

You will also need some seasoning and a pinch of paprika.

Beat the egg, cream, oil and seasoning together.
Melt 2g of the butter in a small pan, add the egg mix and cook gently until set.
Stir in the flaked mackerel.
The bread can be toasted or served plain spread with the remaining butter.
Serve egg on toast / bread, sprinkle with a tiny pinch of paprika.

Mo’s tip: Use a medium slice of bread as this gives a larger piece, remove crusts before weighing.
For adult taste you could swop the mackerel for lumpfish caviar and / or capers.

Adapted from our patron Fay Ripley’s cookery book - Fay’s Family Food.

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

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