MUSHROOM SCRAMBLE

- 46g Egg
- 18g Bread – HOVIS Best of Both
- 10g Butter
- 18g Mushrooms
- 28g Double cream – MORRISONS extra thick
- 2g Sunflower oil

Chop the mushrooms.
Beat the egg and mix with the cream.
Gently fry the mushrooms in the oil for a minute or two.
Stir in the egg mix and stir until cooked.
Serve with the bread and butter, bread can be toasted if preferred.

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