Creamy Mustard Mushrooms on Toast



Makes 1

Ingredients

- 1 tsp olive oil
- 80g Mushrooms, sliced
- 1 Spring onion, sliced
- 30g low fat cream cheese*/ Violife creamy
- 20mls Prozero milk
- 1 slice low protein bread toasted
- ¼ tsp of wholegrain mustard*

*Check exchanges

Please note more than 80g of mushrooms should be counted accordingly (see dietary handbook)

Method

1. Toast low protein bread and spread the top with ⅓ of the cream cheese.
2. Heat oil in a non-stick frying pan and add mushrooms and spring onions. Cook until soft.
3. Add Prozero milk and remaining cream cheese and the mustard to the mushrooms and spring onions and heat through.
4. To serve place on top of the toast.

Source: Vitaflo