







Ingredients:

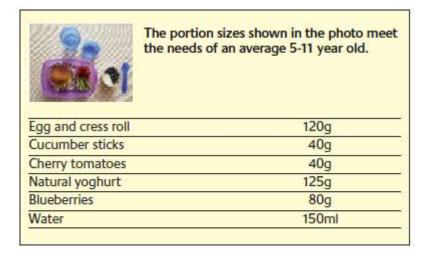
This recipe makes 4 portions of about 120g.

4 wholemeal rolls
Egg and cress filling
4 hard-boiled eggs
2 tablespoons reduced-fat mayonnaise
½ punnet cress

Method:

- 1. Mash the eggs and mayonnaise together.
- 2. Halve the roll and spread with the egg mixture, and sprinkle on the cress.

Serve with 40g of cucumber sticks, 40g of cherry tomatoes, 125g of natural yogurt sprinkled with 80g of blueberries and 150ml of water.





Recipe

http://cptportal.cumbria.nhs.uk/SiteDirectory/ChildrensServices/Public%20Health/Healthy%20weight%20programme/SESSION%202%20Eating%20Well/Session%202%20Additional%20Resources/CHEW-5-11-PACKEDLUNCHES.pdf