



Egg and Cress Roll with Veggies, Natural Yoghurt and Blueberries



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 yoghurt sprinkled with 80g of blueberries and 150ml of water.



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Egg and cress roll	120g
Cucumber sticks	40g
Cherry tomatoes	40g
Natural yoghurt	125g
Blueberries	80g
Water	150ml



Recipe:

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