

SCRAMBLED EGG MUFFINS

INGREDIENTS:

- 1 tbsp olive oil
- 80g peas, defrosted
- 1 red pepper, finely chopped
- ½ onion, finely chopped
- 6 large eggs
- 1 tbsp milk
- Large pinch of smoked paprika
- Small handful of chives, chopped

SERVES: 4

METHOD:

- Heat the oven to 200°C/180°C fan/gas 4. Brush half the oil in an 8-hole muffin tin. Heat the remaining oil in a frying pan and add the peas, pepper and onions. Fry for 5 mins. Set aside to cool.
- Whisk the eggs with the milk and smoked paprika in a bowl. Add the cooked veg. Pour the egg mixture into the muffin holes and top each with a few chives. Bake for 15-17 mins or until golden brown and cooked through.

NUTRITION:

Protein: 13g

Fat: 12g

Carbohydrate: 5.5g



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NUT BUTTER SMOOTHIE

INGREDIENTS:

- 200ml unsweetened soya drink (fortified)
- 1 banana, frozen or fresh
- 1 tbsp almond butter

SERVES: 1

METHOD:

- Add all ingredients to a high-powered blender and blend until smooth.

NUTRITION:

Protein: 10g

Fat: 14g

Carbohydrate: 22g



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ROASTED CHICKPEAS

INGREDIENTS:

- 1 x 400g can chickpeas, drained
- 1 tsp rapeseed oil
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 2 tsp ground coriander
- ½ tsp cayenne pepper

SERVES: 3

METHOD:

- Heat oven to 200°C/180°C fan/gas 4. Tip the chickpeas into a bowl and toss with the rapeseed oil, smoked paprika, cumin and coriander. Toss well until the chickpeas are well coated, then tip out onto a baking tray and bake for 35 mins, moving them around the tray halfway through so they dry out evenly and are crunchy.
- Leave to cool, then store in an airtight container.

NUTRITION:

Protein: 12g

Fat: 5.5g

Carbohydrate: 23g



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COTTAGE CHEESE BAGEL

INGREDIENTS:

- ½ wholegrain bagel, toasted
- 1.5 tbsp cottage cheese
- 1 tsp mixed seeds
- Handful of rocket

SERVES: 1

METHOD:

- Slice in half* and toast the wholegrain bagel.
- Top with cottage cheese, mixed seeds and rocket.

*Put the other half in a freezer or double the recipe and have as a meal.

NUTRITION:

Protein: 12g

Fat: 6.4g

Carbohydrate: 24g



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