

HEALTHY COOKING

▶ SMOKED SALMON PINWHEELS

SERVES 1

INGREDIENTS

- ▶ 100g smoked salmon
- ▶ 25g low fat cream cheese
- ▶ 1 tsp water
- ▶ 5cm long piece of cucumber, sliced
- ▶ 1 tomato, sliced
- ▶ Lite Seasoner and pepper to taste



Mix cream cheese with water to soften. Spread salmon fillet out and cover evenly with cream cheese. Roll up the salmon and slice crosswise into 1cm pinwheels. Serve with cucumber and tomato, season to taste.

Each serving:

Protein: 23g | Carbohydrate: 4.1g