



Each serving contains

Energy	Fat	Saturates	Sugar	Salt
20%	Med 30%	High 37%	Low 30%	High 30%
1719kj	20.7g	7.4g	6.5g	2.2g
411kcal				

% of an adult's reference intake | Carbohydrates per serving: 33g

# Love heart smoked salmon muffins

Help your mum start the day right with a tasty meal cooked by you.

## Ingredients:

- 2 muffins, halved
- 2 tbsp Co-op light soft cheese with cracked black pepper
- 2 tbsp Co-op guacamole
- 80g Co-op Irresistible Scottish Smoked Salmon, sliced
- Handful flat leaf parsley, finely chopped
- 1/4 lemon, sliced into wedges

## Method:

Toast the muffin halves until golden, then cut into heart shapes

Spread each piece with soft cheese and guacamole

Top with the salmon, season with black pepper, scatter with the parsley and serve with the lemon wedges



It's what we do

Q1LE20\_Mday\_Recipe