



Scrambled eggs with tomatoes, mushrooms and oat cakes

This breakfast will make a satisfying and filling start to your day - giving you the fuel and energy you need to get you through to lunch without the dreaded hunger pangs or cravings.

Ingredients

- Eggs
- Tomatoes
- Mushrooms
- Oat cakes



Recipe developed by Sharyn Singer

Method



Quantities to be decided by you, depending on how many you are feeding.

1. Combine scrambled eggs with grilled tomatoes and mushrooms, and an oat cake for a satisfying breakfast

The Grange
Welford Road

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