



## 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  
Long Marston  
Stratford upon Avon  
Warwickshire  
CV37 8RH

07778 218009