



Quick Salmon Pate

Serves 2

Prep: 5 minutes

Cooking: 0 minutes

Per serving:

Calories 169

Fat 8.2g

Saturates 2.6g

Carbs 3.7g

of which sugars 3.6g

Salt 2.2g

Ingredients:

- 120g smoked salmon
- 90g extra light cream cheese
- 30g Greek yogurt (5% fat)
- 1/2 tsp creamed horseradish
- 2 tsp's chopped chives
- black pepper to season

Instructions:

Place all of the ingredients except the chives into a blender and blend until an almost smooth texture is achieved.

Spoon the mixture into a bowl add the chopped chives and stir and season to taste with the black pepper.

Use straight away or store in the fridge for 24 hours