

# Mushroom Scrambled Egg and Toast



- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

| Nutritional content | Quantity | % of total energy | Your recipe |
|---------------------|----------|-------------------|-------------|
| MCT                 | 20g      | 46%               |             |
| LCT                 | 13g      | 30%               |             |
| Protein             | 12g      | 12.5%             |             |
| Carbohydrate        | 11g      | 11.5%             |             |
| Energy (calories)   | 398kcal  | 100%              |             |



Enhancing Lives Together



# Mushroom Scrambled Egg and Toast

| Ingredients  | Quantity | Your recipe |
|--|----------|-------------|
| Mushrooms, sliced                                  | 50g      |             |
| Butter   | 6g       |             |
| <b>K-Quik</b>                                      | 100g     |             |
| Egg, beaten  | 70g      |             |
| Wholemeal bread, sliced, crusts removed e.g. Hovis | 26g      |             |
| Seasoning  | To taste |             |

## Method

1. Dry fry mushrooms in a non-stick frying pan over a medium heat.
2. Add 50g **K-Quik** to mushrooms and simmer gently.
3. Whisk egg with remaining 50g **K-Quik**, season as desired.
4. Add egg mixture to the pan and scramble by stirring.
5. Toast the bread, spread with butter and serve with mushroom scrambled egg.



**K-Quik is a food for special medical purposes and must be used under medical supervision.  
These recipes have been specifically designed for use in a ketogenic diet.  
Refer to labels for allergen and other product information.**