

## Savoury Nourishing Snacks

<p style="text-align: center;"><b>Cheese melt on toast</b> (12 portions)</p> <ul style="list-style-type: none"> <li>• 450g grated cheese</li> <li>• 3 egg yolks</li> <li>• 150ml double cream</li> <li>• 1 tsp course mustard</li> <li>• 35ml Worcester sauce</li> <li>• Bread (toasted) to serve</li> </ul> <p>Per serving: 360 calories, 16 grams protein</p>	<p><b>Method</b></p> <p>Place all ingredients (excluding bread) into a bowl and mix together to form a spreadable consistency.</p> <p>Lightly toast, or toast one side of the bread; then turn over and spread on cheese mix.</p> <p>Place under grill and cook until golden brown.</p>
<p style="text-align: center;"><b>Twice-baked cheese soufflé</b> (8 portions)</p> <ul style="list-style-type: none"> <li>• 425ml whole milk</li> <li>• 140g mature cheddar</li> <li>• 140ml double cream</li> <li>• 1 small onion</li> <li>• 2 bay leaves</li> <li>• 4 tbsp. melted butter</li> <li>• 7 tbsp. plain flour</li> <li>• 1 tsp English mustard</li> <li>• Pinch nutmeg</li> <li>• 4 eggs, separated</li> </ul> <p>Per serving: 322 calories, 11 grams protein</p>	<p><b>Method</b></p> <p>Put milk, onion, nutmeg and bay leaves into a pan. Bring to the boil then take off the heat and allow to stand for 15 minutes. Strain into a bowl.</p> <p>Melt butter on a low heat and once melted add flour to make a roux. Add warm milk slowly then 'cook out' to make a smooth sauce, stirring continuously. Remove from the heat once smooth and add grated cheese, mustard and egg yolks. Mix and allow to cool.</p> <p>Whisk egg whites into a soft peak and fold into cooled cheese sauce mix.</p> <p>Grease 8 ramekins with butter, fill with mix and place in a deep baking tray half filled with water. Cook for 15 minutes at 180°C.</p> <p>Remove from oven and allow to cool.</p> <p><b>To re-bake to serve</b></p> <p>Empty from ramekins onto an oven proof dish, spoon over with double cream and a pinch of cheese and cook for 12 minutes at 180°C.</p>