



## Pea and Mint Puree

Makes 6 portions if spreading on toast

Prep time: 5 minutes

Cooking time: 10 minutes

Per portion

Calories: 62

Fat: 1g

Saturates: 0.4g

Carbs: 7.8g

of which sugars: 4.3g

Salt: 0.27g

### Ingredients:

- 375g bag frozen garden peas
- 100g reduced fat cream cheese
- 1 vegetable stock cube
- 1 large handful of fresh mint leaves
- freshly ground black pepper

### Instructions:

Place the peas and stock cube in a saucepan and just cover with water. Bring to the boil for 2-3 minutes.

Drain the peas, then allow to cool.

Place the peas, cream cheese, mint and a little black pepper in a blender. Blitz until almost smooth.

Serve straight away or keep in the fridge for up to 24 hours.