

Marmite Mushrooms on Toast

 **Calories: 187**  **Carbs: 20**  **Protein: 13**  **Fat: 6**

SERVINGS: 1

PREPTIME: 5 MIN

COOKING TIME: 8 MIN

Ingredients

- 100 g mushrooms halved or quartered, depending on size
- 1 tsp Marmite
- 40 g Philadelphia Light
- 2 tbsp water
- 1 slice wholemeal bread
- low calorie cooking spray
- 1 sprinkle chopped chives (optional) to garnish

Directions

- Spray a frying pan with low calorie cooking spray and place over a medium heat.
- Add the mushrooms and sauté for 5-6 minutes until soft.
- Remove from the heat and add the water and Marmite. Stir well. The residual heat in the pan will allow the Marmite to dissolve.
- Pop the bread in the toaster and return the pan to stove on a lower heat.
- Stir in the Philadelphia Light until well combined and heated through.
- Serve the mushrooms over the toast and sprinkle with chopped chives if desired.