

## Wholemeal Crispbread with Smoked Salmon and Cottage Cheese



### Nutrition Facts

Amount Per Serving

<b>Calories</b>	287 kcal
<b>Protein</b>	26g
<b>Carbohydrate</b>	19.3g
<b>Fat</b>	9.9g
<b>Dietary Fiber</b>	5.7g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients:

- 26g Wholemeal crispbread (2 slices)
- 70g Smoked salmon
- 80g Cottage cheese (low-fat)
- 1/2 Lemon

### Preparation:

Spread cottage cheese on the wholemeal crispbreads. Put smoked salmon and lemon on it. Enjoy and stay fit!