

Cucumber Topped with Cream Cheese, Spring Onion and Sesame

Serves: 1

Ingredients

Half a large Cucumber

100g Light Cream Cheese – Philadelphia or similar

1 ½ Tbsp Tahini

1 Spring Onion

1 tsp Sesame seeds

Juice of half a Lime



Directions

1. Cut the half cucumber lengthways and scoop out the watery center.
2. Finely slice the spring onion and add to a bowl along with the cream cheese, tahini and lime juice.
3. Mix all ingredients together and smooth over the two lengths of cucumber.
4. Toast sesame seeds on a dry frying pan, make sure they don't burn.
5. Sprinkle the toasted sesame seeds over the top of the filled cucumbers.
6. Serve immediately.

Nutrition Facts

Calories	186
Saturated Fat	4g
Net Carbohydrates	2g
Protein	4g