



Eternal Health

OPTIMUM NUTRITION AND INSPIRED LIVING

Smoked Mackerel Pâté Serves 2 to 4

GF.

Ingredients

1 1/2 fillets smoked mackerel
1/4 cup live natural yogurt
1 stick of celery, roughly chopped
1 heaped tsp whole grain mustard
1 heaped tsp freshly grated horseradish (or from a jar)
Zest & juice of half a lemon
Small handful of herbs like parsley
Salt and pepper to taste



Method

- ❖ Place all ingredients in a blender and blend until smooth. Serve with gluten free oatcakes or sticks of celery, carrot, peppers, and lettuce.

TIP

Try coconut yogurt for a dairy free version, add chilli & ginger instead of horseradish and mustard.