

## Ryvita, Philadelphia & Smoked Salmon



### Ingredients:

- Ryvita Crackers (if meal X4 - if snack X2)
- Philadelphia Cheese spread
- Smoked Salmon
- Pepper
- 1/2 Lemon (for squeezing)

### Method:

1. Get your chosen amount of crackers
2. Spread the Philadelphia generously over the crackers
3. Place the smoked salmon over the cracker and spread as desired.
4. Crack some pepper over the crackers to taste
5. Squeeze the juice of your 1/2 lemon over again, to taste.

**Easy, Tasty and SUPER nutritious!!**