

The logo for RYVITA, featuring the brand name in white, bold, sans-serif capital letters on a red rectangular background with a slightly distressed or hand-painted edge.

## Eggs Benedict

Preparation time: 10 minutes

Recipe by: Ryvita



### INGREDIENTS

- 2 tbsp. reduced fat crème fraiche
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 medium egg (approx. 50g)
- 2 slices ham (40g)
- Few chives, snipped (1g)
- 2 Lightly salted Ryvita rye cakes

### METHOD

1. Combine the crème fraiche, mustard, lemon juice and some seasoning in a small bowl.
2. Cook the eggs in boiling water for 6 minutes. Cool under cold water then peel and cut in half.
3. Top the rye cakes with a slice of ham, half the egg, a drizzle of the sauce and a few snipped chives

Check out more recipes at [ryvita.co.uk/recipes](https://ryvita.co.uk/recipes)