

## Peas (Makes 2 portions)

### Ingredients

100g/4oz frozen peas

### Method

1. Cover the frozen peas with water, bring to the boil and simmer, covered for four minutes until tender.
2. Drain, reserving some cooking liquid.
3. Purée and add some cooking liquid to make the desired consistency.

### Notes

This is good combined with sweet potato, potato, parsnip or carrot. If using fresh peas, cook them for 12-15 minutes.

Each portion is equivalent to 3 exchanges. Remember, 1 ½ level tablespoons (17g) of peas equals 1 exchange.