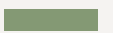


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# Scrambled Eggs



# Scrambled Eggs

## (SERVES 2)

- 4 EGGS

- PLACE 1 TABLESPOON OF OLIVE OIL IN A FRYPAN OVER MEDIUM HEAT. WHISK EGGS, SALT AND PEPPER (TO TASTE) IN A BOWL AND THEN PLACE IN THE FRYPAN. CONTINUE TO STIR SLOWLY UNTIL DESIRED CONSISTENCY.

## OPTIONAL ADDITIONS

- 1/2 AVOCADOS
- 1 LARGE TOMATO - HALVED
- 1 TEASPOON DRY MIXED HERBS
- 500G BABY SPINACH
- 4 GARLIC CLOVES - MINCED OR FINELY SLICED
- 100G HALOUMI - CUT INTO SLICES
- 3 TABLESPOONS OLIVE OIL OR COCONUT OIL
- 2 TEASPOONS SESAME SEEDS
- 2 TEASPOONS PEPITAS - LIGHTLY TOASTED
- IODISED OR PINK HIMALAYAN SEA SALT & GROUND BLACK PEPPER TO TASTE
- 2 GLASSES OF WATER WITH A SMALL SQUEEZE OF FRESH LEMON JUICE

- PLACE PEPITAS IN A DRY FRY PAN. PLACE ON HIGH HEAT. STIR OCCASIONALLY. WHEN THE PEPITAS START TO MAKE A CRACKING NOISE REMOVE FROM HEAT. SET ASIDE UNTIL SERVING.

PLACE 1 TABLESPOON OF OLIVE OIL IN A MEDIUM FRYPAN OVER HIGH HEAT. ADD GARLIC AND SAUTEE FOR 1 MINUTE OR UNTIL FRAGRANT.

- ADD SPINACH AND STIR UNTIL IT STARTS TO WILT. YOU CAN ADD A DASH OF WATER. ALLOW TO COMPLETELY WILT STIRRING OCCASIONALLY. PLACE ON PLATES AND COVER WITH FOIL.

- ADD 1 TABLESPOON OF OLIVE OIL TO THE FRYPAN ON MEDIUM HEAT. PLACE HALOUMI STRIPS INTO PAN. COOK UNTIL THE START TO BROWN. TURN AND ALLOW TO BROWN ON THE OTHER SIDE. PLACE ON PLATES UNDER FOIL.

- SLICE AVOCADO AND PLACE ON PLATE. SPRINKLE EACH 1/4 WITH 1 TEASPOON OF SESAME SEEDS & 1 TEASPOON OF PEPITAS.

## NOTES:

- IRON, VITAMIN C, CALCIUM & MAGNESIUM LIKE TO BE ABSORBED TOGETHER. CONSUMING SPINACH AND LEMON WATER TOGETHER WILL ENSURE YOU MAXIMISE YOUR ABSORPTION OF THESE NUTRIENTS. ONLY A SMALL AMOUNT OF LEMON JUICE AS LARGER QUANTITIES CAN HARM TOOTH ENAMEL.

## NUTRITION INFORMATION:

- AVOCADO, HALOUMI, OLIVE OIL AND SESAME SEEDS PROVIDE PLENTY OF HEALTHY FATS AND OMEGA'S.

- GARLIC PROVIDES A COMPOUND THAT ACTS AS AN ANTI-INFLAMMATORY TO ASSIST IN CALMING YOUR SYSTEM SO IT CAN FOCUS ON FUNCTIONING PROPERLY.

- THIS LOW CARB HEALTHY FAT (LCHF) BREAKFAST OPTION WILL HELP YOU BALANCE YOUR BLOOD GLUCOSE DURING THE DAY.

- EGGS PROVIDE A QUALITY SOURCE OF PROTEIN, B12 & B9 AND VITAMIN D.

- TOMATOES ARE A QUALITY SOURCE OF VITAMIN C.

- BABY SPINACH IS RICH IN NON-HEME IRON, VITAMIN C AND CALCIUM.

- PEPITAS ARE HEALTHY FATS LOADED WITH B9, MAGNESIUM & DIETARY FIBRE.

- SESAME SEEDS ARE A QUALITY SOURCE PLANT PROTEIN, DIETARY FIBRE, B GROUP VITAMINS, ZINC, SELENIUM AND OMEGA-6 REQUIRED IN THE SAME AMOUNT AS OMEGA-3 IN THE BODY FOR AMPLE HEALTH.