

Avocado salmon brunch



BODY SHAPE
PERFORMANCE

3 eggs
salt and pepper to season
1 tsp ghee or coconut oil
40g button mushrooms, sliced
2 spring onions, sliced
15g Cheddar cheese, grated (or use dairy free cheese of your choice)
40g ripe avocado, sliced
25g smoked salmon

SERVES 1



Whisk the eggs in a jug. Season with salt and pepper.

Melt the ghee / oil in a frying pan over a medium heat. Add the mushrooms and spring onions and sauté gently for 3-4 minutes, stirring until soft.

Transfer to a plate. Remove pan from heat and gently wipe out any debris.

Place the pan back on the heat. Add the eggs and cook gently, stirring continuously. As the eggs start to cook, add the cheese. Stir the eggs until thoroughly cooked and remove pan from heat. Mix the smoked salmon with the scrambled eggs.

Place the avocado slices on a plate. Top with the remaining ingredients and serve.

Consume immediately.

Serving suggestion:

Enjoy with a slice or rye toast (or use a gluten free alternative if preferred).



PER SERVING:
441 Calories
7g Carbs
29g Protein
33g Fat