

HEALTHY COOKING

▶ EGGS BENEDICT



SERVES 1

INGREDIENTS

- ▶ 1 egg
- ▶ 1 cup fresh spinach

Sauce:

- ▶ 1 Tbs (20g) low fat cream cheese
- ▶ ½ tsp fresh rosemary, chopped
- ▶ 2 tsp lemon juice
- ▶ 1 tsp avocado oil
- ▶ Lite Seasoner to taste
- ▶ Pinch cayenne

Mix the sauce ingredients in a small bowl with a fork. Microwave spinach or heat in a pan until wilted. Poach 1 egg in water with a dash of vinegar. Arrange spinach first on the plate, add the egg and top with the sauce.

Each serving:

Protein: 8.2g | Carbohydrate: 3.2g