



HONEY AND GARLIC MUSHROOMS

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 15-20 mins

Serves: 2-4



INGREDIENTS

- 1 tbsp coconut oil
- 500g small button mushrooms
- 1 cup spring onions, finely sliced
- 1 clove garlic, crushed
- 1 tsp honey

- 1 tbsp coconut aminos
- 1/2-1 tsp salt
- 6 shakes pepper
- 2 tbsp water

METHOD

- Heat coconut oil in frying pan.
- Add all other ingredients, and cook for 15 minutes, stirring occasionally.
- Serve immediately.