



ALLERGIES:

No grains
No dairy
No eggs (Optional)
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 16 mins

Serves: 2

MUSHROOM AND KALE BREAKFAST



INGREDIENTS

- 2 tbsp coconut oil
- 200g mushrooms, sliced
- 5 leaves kale, deveined and shredded
- 2 handfuls baby spinach leaves, torn
- 3 spring onions
- 1 tbsp lemongrass, crushed
- 1 tbsp garlic, crushed
- 1 tsp salt
- ¼ tsp black pepper
- 1 tbsp dextrose powder
- 1 400g can tomatoes, diced
- 2 tbsp coconut yoghurt

METHOD

- Pour coconut oil into frying pan, and heat to medium high.
- Add lemongrass, garlic, salt and pepper and cook 1 minute.
- Add mushrooms, and onions and stir while cooking for 10 minutes.
- Mix in kale, spinach leaves, dextrose, and tomatoes and cook 5 minutes.
- Stir coconut yoghurt through, and serve with a poached egg on top.