



ALLERGIES:

No grains
No dairy
No gluten
No nuts (optional)
Low disaccharides

Prep time: 3 mins

Cook time: 3-4 mins

Serves: 1

INGREDIENTS

- 3 eggs
- 1 tbsp dill, finely chopped
- 1 tbsp almond / soy milk
- Pinch pink rock salt
- 1 tsp olive oil

METHOD

- Crack the eggs into a bowl, add dill and almond milk and whisk well.
- Heat oil in a non stick pan on low, and pour egg mixture in.
- Slowly move a spatula across the base of the pan to gently mix the eggs as they cook (about 3-5 minutes).
- Remove from the pan and place onto a serving plate, season with salt and pepper.

DILL SCRAMBLED EGGS

