

Green Eggs



4 eggs

pinch of salt

1/2 tbsp. milk (optional)

1/2 tbsp. butter

3 tbsp. of kale pesto

GF | NF

I love eggs for breakfast.....but sometimes eggs can get a little boring.

When I am over eggs, I simply add some pesto and it revamps plain old scrambled eggs into an exciting dish. I love to use kale pesto for this recipe so I get added prebiotics in first thing in the morning.

Combine it with some sauteed mushrooms and asparagus or tomatoes and bacon for a delicious start to the day.

Serves 2

Use a fork to lightly whisk the eggs in a small mixing bowl, add the milk and salt and mix again. Melt the butter in a fry pan over medium heat, then pour in the egg mixture. Once the eggs take a little to the bottom of the pan (stick slightly), gently fold and lift onto itself from the outside in using a spatula. Don't stir, just fold.

After a minute add the pesto and continue to fold until the whole lot is just soft and still a little runny (about another minute).

Remove from the heat and let sit.

Serve with sautéed asparagus and mushrooms and side of fermented vege for a well rounded start to the day.