



My Favourite Breakfast - Eggs, Spinach & Avocado

This has to be my favourite breakfast and I discovered it after a run along the paseo in Mezquitilla near where I live in the Costa del Sol. It's simple but so tasty. The secret is good quality seedy bread and ripe avocados.

Serves: 1, Prep time: 00:10, Cook time: 00:05

Instructions

This is a very simple recipe but worth a try.

1. Toast a large slice of good quality seedy bread or spelt bread.
2. Beat two eggs a season with salt and pepper.
3. Grab a small handful of spinach and wash to remove any grit.
4. Melt the butter in a pan, add the spinach and wilt for a few seconds then add the beaten eggs. Keep moving to make scrambled eggs and remove from the heat.
5. Cut the avocado in half and remove the stone. Using a knife take some soft avocado and spread it on the toast like

Ingredients

- 2 Eggs, Free range
- 1 pinch or to taste Baby Spinach Leaves, 1 small handful
- 50 grams Avocado, Ripe and spreadable (2 oz)
- 1 Whole Wheat Bread, 1 slice of seedy bread
- 1 pinch or to taste Sea Salt, to taste
- 1 pinch or to taste Black pepper, ground, to taste
- 1 teaspoon Butter, unsalted, for cooking

you would do with butter. Cut in to four pieces.

6. Scoop the eggs and spinach on the avocado toast and enjoy!

Spinach has vitamins and minerals like **vitamin E and magnesium** that support your immune system. Whole eggs are among the most nutritious foods on the planet, containing a little bit of almost every nutrient you need. Omega-3 enriched and/or pastured eggs are even healthier. Spinach and Eggs are also great sources of **Iron**.

Avocados are a source of **vitamins C, E, K, and B6**, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta carotene, and omega-3 fatty acids. Avocados contain high levels of healthy, beneficial fats, which can help a person feel fuller between meals.

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