

BREAKFAST

Eggs Florentine

INGREDIENTS

- 300g fresh, baby leaf spinach
- 2 eggs
- 1 tbs crème fraîche
- ½ tsp freshly grated nutmeg
- Pinch of salt
- Plenty of black pepper
- Parmesan cheese, grated

METHOD

- Preheat the oven to 180°C.
- Wilt the spinach with a knob of butter, a pinch of salt, some pepper and some grated nutmeg.
- Drain off any excess water.
- Put the spinach into two ramekins, make a well in the centre and carefully break an egg into each one.
- Put a dollop of crème fraîche on top of the egg and then grate over some parmesan.
- Pop the two ramekins into the oven and cook for 10 to 15 minutes, until the egg white starts to turn white and looks like it is just cooked. 6. Grind some black pepper over the eggs and serve immediately with some hot wholemeal or granary toast (optional).



EATING YOUR
WAY THROUGH
THE
MENOPAUSE