

BREAKFAST

Healthy Cooked Breakfast

INGREDIENTS

- 2 rashers unsmoked bacon
- large handful kale
- 2 closed cup mushrooms, sliced
- 2 small tomatoes, halved
- 2 medium sized eggs, whisked
- salt and pepper to season

METHOD

- Heat the oven to 180c
- Add the bacon rashers, kale, mushrooms and tomatoes to a baking tray,
- Cook for around 10 minutes turning halfway.
- When the vegetables are soft and bacon crispy, remove from the oven.
- Pour the eggs into a pan, over a medium heat and season with salt and pepper. Cook for around 3 minutes, stirring constantly.
- When the eggs are cooked, remove from heat, and transfer to a plate with the other cooked ingredients.



EATING YOUR
WAY THROUGH
THE
MENOPAUSE