



Protein	Free Veg.
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Baked Eggs & Spinach

Healthy breakfast recipes don't always have to be boring. You might have embarked on a new healthy eating plan but that doesn't mean you can't be enjoying your meals just as much as you did before and that's why we love this recipe.

Eggs are always a breakfast winner in our eyes, they are so versatile and the ingredients you can add to them are endless.

Here we have added one main ingredient, spinach.

Spinach has always been regarded as a plant with remarkable abilities to restore energy and increase vitality. It is also packed with nutritional benefits, as it is rich in iron and is also an excellent source of vitamin A, vitamin C, vitamin and folic acid as well as being a good source of magnesium and vitamin B2.

Ingredients

- 2 eggs
- 1 tsp olive oil
- 100g spinach
- 100g mushrooms
- 100g tomatoes

Directions

1. Preheat the oven to 180°C. Wash and chop the spinach and mushrooms. Slice the tomatoes. In a large bowl, combine the spinach, mushrooms, and tomatoes. Add the eggs and olive oil. Mix well. Pour the mixture into a baking dish. Bake for 20 minutes. Serve hot.