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Breakfast in a Mug.

Serves 2

Ingredients

1 avocado.
1 large tomato.
2 medium eggs.

1. Boil some filtered water in the kettle and then pour it into a shallow pan. Bring the water to a rolling simmer and then carefully drop in the first egg. Once the clear liquid of the egg has turned white carefully crack in the second egg.
2. Whilst the eggs poach, finely chop the avocado and tomato and divide equally between two mugs. After round 3 minutes, lift the eggs out of the water with a slotted spoon and allow any remaining water to drip away.
3. Add the poached egg to the top of the avocado and tomato mixture and enjoy!

* Gluten free, wheat free,

* Vegetarian

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18 Darnel Hurst Road, Four Oaks, Sutton Coldfield, West Midlands, B75 5NE.

Email: info@NutritionMission.co.uk

Tel: 0844 504 8338

Fax: 0844 504 8339