



BLT BREAKFAST BOWL

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Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
289 kcal
22g Fats
7g Carbs
12g Protein



WHAT YOU NEED

- 2 eggs
- 4 strips smoked bacon
- 4 handfuls baby spinach
- 1 tsp. apple cider vinegar
- 2 tsp. olive oil
- ½ avocado, sliced
- 10 cherry tomatoes, halved

WHAT YOU NEED TO DO

Cook the eggs and bacon to your liking.

In the meantime, in a medium sized bowl mix together the spinach, olive oil, vinegar and season with salt & pepper. Rub the olive oil and seasoning into the spinach leaves for 2-3 minutes.

Divide the spinach between two bowls, top with halved eggs, chopped bacon, tomatoes, and avocado. Season with salt and pepper before serving.

