



## Eggcellent English Muffin

Recipe makes:

1 Portion

Preparation time:

8 minutes

Cooking time:

5 minutes

### Nutritional Information

### 1 Portion

Energy	261 Kcal
Carbohydrates of which sugars	14.8g 1.3g
Protein	13.8g
Fat	16.3g

### Ingredients:

- 1 large egg
- Half (33g) whole wheat English muffin
- 4 spinach leaves, washed
- ¼ medium avocado, sliced
- 1 tbsp cheddar cheese, grated
- Salt and pepper to taste

### Method:

1. Poach or pan fry one large egg. When cooked, set aside.
2. Meanwhile, toast the muffin half.
3. Once the muffin is toasted add the spinach leaves and sliced avocado.
4. Finally place the cooked egg on top and sprinkle with grated cheddar cheese.
5. Add salt and pepper to taste.

### Chef's Tip:

- Add a little hot sauce on top for an extra kick!

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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