

Quick and Easy Power Breakfast

Ingredients:

- 1 hard-boiled egg, diced*
- ½ avocado, diced
- ¼ cup cherry tomatoes, quartered, or diced tomatoes (seeds removed)
- Cracked pepper (to taste)
- Sea salt (to taste)
- 1 to 2 tsp lime juice
- 1 to 2 tsp olive oil

Directions:

1. Dice hard-boiled egg, avocado, and tomatoes, then mix together.
2. Season with cracked pepper and a dash of sea salt.
3. Sprinkle with lime juice and drizzle on olive oil.
4. Stir all ingredients gently.

You may also want to add some finely diced spinach or other green to the mix.

Shared by: Cindy Thee

Recipe Source: I got the recipe from a book on Power foods...and tweaked it a bit.

Registered Dietician Notes:

* Healthier option to decrease calories and fat is to eliminate egg yolk

Calories: 230
Protein: 8 g
Carbohydrates: 10 g
Fat: 19 g
Sat fat: 3.5 g