



EGG AND SMOKED SALMON MUFFIN (BREAKFAST)

 1 serving  5 minutes

INGREDIENTS

1x English muffin
50g of smoked salmon
1 egg
1 tsp chopped chives or
1 small spring onion
1/4 avocado, mashed
with lemon and salt

DIRECTIONS

1. Whisk the eggs with the chives or spring onion, season well with salt, pepper.
2. Pour into a non stick pan and once set, fold into 1/4s so you are left with a triangle that will fit into the bagel.
3. Toast the muffin, spread a little crushed avocado over one side of each bagel, top with a slice of salmon and chives or spring onion.

294 calories 20g of protein