



Equipment:

Frying pan, bowl, cutting board

Makes: 1 serving

INGREDIENTS

- 1 nori sheet
- 1 egg
- 1 tsp butter or coconut oil
- ½ avocado
- Handful greens (spinach, arugula/rocket, bitter greens)
- Salt to taste

*Use organic ingredients where possible

BREAKFAST NORI ROLLS

A protein-rich savory roll packed with nutrients to sustain you all morning long!

DIRECTIONS

1. Heat a frying pan over medium heat and add a small amount of butter or coconut oil to the pan.
2. Whisk egg in a bowl and pour into the pan.
3. Cook for 1 minute. Flip and cook for a further minute.
4. Remove from heat and set aside.
5. Cut the avocado into slices.
6. Lay the nori sheet onto a cutting board, drape the cooled egg in a line, cover with the avocado slices, greens, and the yogurt (for better digestion).
7. Roll up, cut in two and eat immediately to not let the nori go soggy.

*NOTE: You can also eat everything on a plate, cutting the nori strips over the mix and eating it with a fork, if you don't want to wrap it. For a vegetarian option, replace the egg with tempeh heated in a pan.