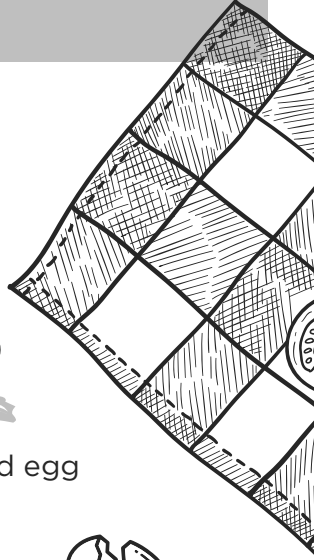




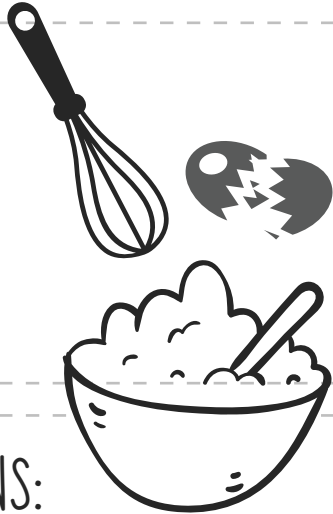
SUPER WOMAN G&E BREAKFAST



EGGS WITH SAUTÉED SHALLOTS & GREENS

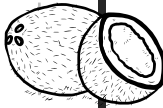


SERVINGS:



INSTRUCTIONS:

1. Start by heating a large skillet over medium heat with coconut oil.
2. Add the eggs and cook over easy or to your liking. This recipe is also great served as an omelet.
3. Remove the eggs from the pan and add additional coconut oil. Sauté the collard greens and shallots for 5-7 minutes until the collards are wilted and the shallots have started to caramelize.
4. Serve the sautéed greens with the eggs and season with a pinch of salt.



INGREDIENTS:



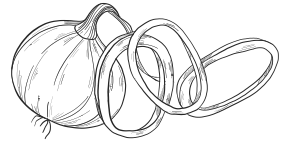
1 whole organic pasture-raised egg

1 organic pasture-raised egg yolk



1 cup of collard greens or spinach chopped

Chopped shallot to taste



Coconut oil for cooking

Pinch of pink Himalaya sea salt



ENJOY WHILE WARM.

