

Egg and Spinach on Toast with Seeds



Serves
1 person

Prep Time

Cooking

Total Time

Calories

311 kcal

Stuff that's in it:

- 1 Seeded Toast
- 2 Boiled Eggs
- Small Handful Spinach (Chopped)
- 5G Toasted Seed Mix
- 5G Lurpack Lighter
- Dash Of Salt

What you do:

Nutrition

- Carbs: 18g
- Fat: 17g
- Protein: 18g