

## Egg and Spinach on Toast with Seeds



Serves	Prep Time	Cooking	Total Time	Calories
1 person				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

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