

Poached Eggs on Toast (March 2007)

Serves 1 | Prep time: 2 minutes | Cook time: 6 minutes

2 large organic eggs
3-4 cups boiling water
1 tsp vinegar

2 slices bread (sprouted, rye, kamut, spelt, millet or rice)
1 T flax oil
sea salt to taste

1. Add vinegar to boiling water.
2. Crack eggs, one at a time into boiling water (the vinegar helps them congeal).
3. Turn heat down to medium low and let eggs simmer for 6 minutes.
4. Toast bread while eggs are cooking.
5. Drizzle flax oil over toast.
6. When eggs are done remove from water with a serrated spoon.
7. Place on toast and salt to taste.

Poached eggs on toast is the perfect way to get a balanced breakfast. Eggs provide the protein. Whole grain bread provides the fiber. And flax oil provides healthy fats. Great for promoting healthy blood sugar and providing energy until lunch.