



ZANNIE KROGH

NUTRITIONAL THERAPIST

SAVOURY BREAKFAST BOWL

With over 20grams of protein, healthy fat and dietary fibres this bowl is the perfect start to the day

Serves 1

Ingredients

- 150 gram of cottage cheese
- 1 boiled egg
- A handful of kale
- ½ slices avocado
- 4-5 small tomatoes
- Zataar spice

Method

Start by chopping the kale and massage lightly with a dash of olive oil. This helps soften it. Season with salt and pepper.

Boil the egg for 8 minutes

Slice the tomatoes and avocado

Place it all in a bowl and season with salt and pepper and a sprinkle of Zaatar





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