



## **NORI BREAKFAST ROLL**

**SERVES:** 1

### **INGREDIENTS**

- Use organic ingredients where possible
- 1 sheet nori
- 1 egg
- 1 tsp organic butter or coconut oil
- ½ avocado
- Handful greens (spinach, arugula/rocket, bitter greens)
- lemon juice and Sea salt to taste

### **FOR THE DRESSING**

- 2 tbsp organic yogurt (coconut or dairy)
- 1 tsp turmeric
- 1 tbsp chives, chopped finely

### **INSTRUCTIONS**

1. Heat a frying pan over medium heat and add a small amount of butter or coconut oil to the pan.
2. Whisk egg in a bowl and pour into the pan.
3. Cook for 1 minute. Flip and cook for a further minute.
4. Remove from heat and set aside.
5. Cut the avocado into slices.
6. Lay the nori sheet onto a cutting board, top nori with cooled egg, then top with the avocado slices, greens, and the yogurt (for better digestion). sprinkle with salt and pepper
7. Roll up, cut in two and eat immediately