

## Turmeric scrambled eggs (serves 1)

2 eggs

Black pepper to season

1 tsp turmeric powder

1 tsp coconut oil

1 small onion, chopped



Beat the eggs together and season with black pepper.

Mix in a teaspoon of turmeric powder.

Gently heat the coconut oil and lightly fry the chopped onion until soft.

Lower the heat and add the eggs, stirring continuously until softly cooked.

Served with a side of baby spinach leaves and avocado drizzled with some olive oil and chia seeds.

Recipe courtesy of Sally Wisbey, nutritional therapist  
[www.sallywisbey.nutrition.co.uk](http://www.sallywisbey.nutrition.co.uk)