

Breakfast

Breakfast Toast with Hummus and Tahini Sauce

10 Mins
Prep Time

5 Mins
Cook Time

4
Servings

336 Calories **10g Fat** **38g Carbs** **15g Protein**



Ingredients

4 Servings **15 Mins Total Time** **Allergens: Eggs, Gluten**

4 Slices Crusty White Bread

4 Eggs

½ Cup Hummus

- Tahini Sauce -

2 Tbsp Tahini, well stirred

2 Tbsp Lemon Juice

2 Tbsp Warm Water

½ Tsp Salt

1 Clove Garlic, grated (omit if bothersome)

Salt and Pepper, to taste

Microgreens (omit if bothersome)

Allergen Swap

Eggs Omit eggs and replace with scrambled silken tofu or sautéed vegetables.

Gluten Use a gluten-free bread.

Nourishment Note



Eggs

Eggs are an excellent source of lean protein, which is important for healing.



Refined Grains

Refined grains, like white bread, crackers, pasta and noodles, have less fermentable fiber and may be better tolerated by someone experiencing a flare.



Hummus

The pureed chickpeas in hummus are an excellent source of lean protein and provide valuable nutrients, like folate, copper and manganese. Hummus is usually well tolerated by someone experiencing a flare.

Instructions

1. Whisk Together Tahini Sauce

In a small bowl, whisk together the tahini, lemon juice, water, salt and grated garlic. Set aside.

2. Scramble Eggs

Break eggs into a small bowl and whisk. Spray a small skillet with cooking spray and heat over medium-heat. When skillet is hot, add eggs and scramble to desired consistency. Season with salt and pepper, to taste, and set aside.

3. Toast Bread

While eggs are cooking, toast bread.

4. Assemble Toast

When toast is finished, spread each slice with 2 Tbsp hummus. Top with scrambled eggs and drizzle with tahini sauce. Garnish with microgreens, if desired. Enjoy!

Recipe adapted from: thelemonbowl.com

What You'll Need



Whisk (2)



Small Skillet



Non-Stick Cooking Spray



Rubber Scraper



Toaster



Knife



Small bowl (2)



Microplane

Remission Remix

- Top toast with vegetables, such as sliced tomato, radishes or avocado.