



## Breakfast rainbow bowl



**Makes : Serves 1**

### Ingredients

2 beetroot  
hand full of spinach  
Hand full of rocket  
Small handful of fresh basil leaves (chopped)  
1/4 of either sweet potato chunks or butternut squash  
1 boiled or poached egg  
Half of an avocado cut into chunks  
sprinkle of pumpkin seeds  
2tbs of olive oil  
1tbs of balsamic vinegar  
sprinkle of black pepper  
freshly squeezed lemon  
sprinkle of Paprika

### Method

Cook your egg whilst preparing all of the ingredients in to your bowl. I chop the leaves in to small bits using scissors and then once your egg is ready place on top. Then drizzle the olive oil, balsamic, lemon, black pepper and paprika and mix well.

