

Eggs Benedict with Hollandaise Sauce

Time: 20 minutes **Serves:** 2

Ingredients:

- 1 bunch asparagus (16 pieces)
- 1-2 tsp coconut or avocado oil
- ¼ tomato, sliced
- ½ avocado, sliced
- 2 eggs, poached

Directions:

1. In a medium-size frying pan over medium heat, add coconut or avocado oil.
2. Add the asparagus to the frying pan and pan fry until tender, about 8-10 minutes.

3. In a small pot, bring 2-3 cups of water to a boil.
4. Once boiling, gently lower the eggs into the water and allow to boil for 3 minutes. Remove the eggs once finished and set them aside for assembly.
5. Divide the asparagus on two separate plates and add sliced tomato and avocado on top.
6. Add the eggs and drizzle on the hollandaise.
7. Top with chives.

Hollandaise Sauce

Time: 5-7 minutes **Serves:** 4

Ingredients:

- 2 tbs grass-fed butter or ghee
- 1 egg yolk
- ¼ tsp dijon mustard
- 1 tbs lemon juice
- ¼ tsp sea salt
- ½ tbs water

Directions:

1. In a small sauce pan, melt the butter or ghee over medium-low heat.
2. Add all the ingredients into a high-powered blender until well combined.

