



## Tasty Veggie Breakie

### INGREDIENTS

- ✓ 1 cup diced tomato
- ✓ 1 cup diced capsicum
- ✓ 1 onion diced
- ✓ 1 cup of sliced mushrooms
- ✓ 1 bunch of washed diced spinach
- ✓ 2 cans of baked beans
- ✓ olive oil for cooking
- ✓ salt and pepper to taste
- ✓ 2 avocados peeled and mashed



diced tomato



sliced mushrooms

### PROCESS

- ✓ Heat oil in a pan and add tomato, capsicum, onion, mushrooms and spinach.
- ✓ Cook for a minute and add the beans, combining them well.
- ✓ Heat well through and serve with a side of mashed avocado
- ✓ As a dinner option, Heat nachos in oven and top with the veggie and bean mix, grated cheese and using the avocado mash as a topper.



baked beans



### ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.