



*Nurturing you through to health and happiness*

**SARI YOUNG**

BNSc (hons); AdDip Naturopathy;  
AdDip Western Herbal Medicine; AdDip Nutritional Science.

[www.sarisnaturalmedicine.com.au](http://www.sarisnaturalmedicine.com.au)

**NATUROPATH AND REGISTERED NURSE**

## **Sari's Eggs in a Nest**

### **Ingredients**

- Organic butter, nob to melt
- Bunch of spinach, silver-beet or kale (any dark leafy greens work well), chopped finely
- Garlic cloves to taste (1-2)
- Organic, free range eggs
- Sea salt

### **Method**

Melt the butter in a pan.

Add garlic and stir and cook for 30 seconds.

Add the finely chopped dark leafy greens and stir and cook until they are wilted to your liking.

Poach a couple of eggs so they are still runny.

Pop the greens on your plate, and add the poached eggs to the top- Eggs in a nest!!

Note: This is a great dish for people with MTHFR mutations and a wonderful way to eat veggies with your breakfast!