



ADVANCE BIOMEDICAL TREATMENT CENTER

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Grain-Free and Dairy-Free Eggs Benedict

Ingredients:

- 1 medium eggplant , sliced into 1 inch circles
 - Organic canola oil or olive oil spray
 - 4 poached eggs
 - 4 preservative-free Canadian bacon or Irish bacon or chicken breakfast sausage or smoked salmon, cooked
 - Dairy free hollandaise sauce
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1. Heat a grill pan on the stove, when heated, spray with organic canola oil spray or olive oil spray.
 2. Spray the eggplant circles with the oil before laying on the pan. Brown for about 3 minutes and flip. Cook for another 3 minutes till brown and put on individual plates.
 3. Lay the cooked bacon/sausage or smoked salmon on the eggplant. Then lay the poached egg and hollandaise sauce.
 4. Variations: You may also use wilted spinach, grilled asparagus, grilled Portobello mushroom instead of the meat or fish OR add it on for a really satisfying meal.