

**BREAKFAST**  
Exclusive Recipe

## Eggs Florentine

High in protein and super tasty. Enjoy  
Post your pics!

4 large Eggs  
400g Spinach, washed and roughly chopped  
2 tbsp Low Fat Crème Fraîche  
2 tsp Wholegrain Mustard  
4 thin slices hinet roast ham  
4 Wholemeal English Muffins,  
split and toasted  
2 tbsp snipped chives



- Bring a large pan of water to the boil. Crack an egg into a cup, then gently tip into the boiling water. Repeat for all 4 eggs. Remove the pan from heat and set it aside for 4-5 minutes until the eggs are softly set.
- Meanwhile, place the washed spinach in a large saucepan. Cover with a lid and cook gently for 2 minutes until wilted. Drain and squeeze out any excess liquid.
- Put the cooked spinach into a bowl and mix in the crème fraîche and mustard. Place a slice of ham on each toasted muffin half and top with the spinach mixture.
- Top each with a poached egg. Sprinkle over the chives, season with black pepper and serve.