

Breakfast

Mushrooms Benedict

Mary Jane Moses



Serves: 1

Preparation Time: 15 -20 minutes

Ingredients:

- 1 cup soy, hemp or almond milk
- 2 tablespoons Dr. Fuhrman's MatoZest or other no salt seasoning blend, adjusted to taste
- 2 tablespoons arrowroot power mixed in 1/4 cup cold non-dairy milk
- 2 cups sliced fresh mushrooms
- 1-2 dashes Braggs Liquid Aminos
- 1 dash black pepper
- 4 slices tomato
- 2 slices 100% whole grain bread

Instructions:

Heat 1 cup non-dairy milk and MatoZest in a saucepan over medium heat, whisking until steam starts to rise. Then add arrowroot/milk mixture and whisk until thickened. Remove from heat.

Sauté mushrooms in a small amount of water with a few drops of Braggs Liquid Aminos and a dash of black pepper until done, adding more water if necessary to keep from sticking.

Lightly toast the bread, cover with cooked mushrooms and tomato slices. Spoon some of the sauce over it all.

Per Serving:

CALORIES 270; PROTEIN 14g; CARBOHYDRATES 44g; TOTAL FAT 5.2g; SATURATED FAT 0.7g; SODIUM 308mg; FIBER 4.3g; BETA-CAROTENE 74ug; VITAMIN C 7mg; CALCIUM 143mg; IRON 3.8mg; FOLATE 118ug; MAGNESIUM 93mg; ZINC 1.6mg; SELENIUM 37.9ug