

Poached Eggs With Grapefruit And Melba

Prep Time: 6 Min **Cook Time:** 2 Min **Total Time:** 8 Min

Serves 1

Ingredients

1/2 Grapefruit

4 Egg Whites

Salt & Pepper

1 Melba Toast

Instructions

- 1 Add two egg whites to each poaching container.
- 2 Add sea salt and black pepper to taste.
- 3 Poach for 2 minutes.
- 4 Cut your Grapefruit in half.
- 5 Slice along the circumference of one half and along the edges of each fruit slice, for easier scoop.
- 6 Add toast
- 7 Enjoy!!!

Notes

Feel free to add any other spices to this recipe to add more flavour to your egg whites. I sometimes use Epicure dip mixes to add some variety, like Roasted Red Pepper or Lemon Dilly.

(For those who are familiar with Epicure, the Bacon, Chive and Onion dip is not allowed during Phase 2. Sorry... before you know it you'll be in Phase 3!)

team victory / spray it away <http://sprayitaway.ca/>