



## EGGS BENEDICT WITH ASPARAGUS AND HOLLANDAISE SAUCE

By Dr. Cindy Tanzar  
(Standard/Maintenance)

We often get requests for more breakfast recipes. So, why not take a breakfast classic and turn it into a heart-healthy, anti-inflammatory version? This modified Eggs Benedict recipe, courtesy of Dr. Josh Axe at (<https://draxe.com/recipe/eggs-benedict-recipe/>) is not only great for breakfast, but can also be a delicious lunch or dinner option. Adding a creamy sauce to any dish just takes things to a whole new level of decadence, leaving you feeling nourished and very satisfied. This hollandaise sauce is extremely easy and fast, too.

Makes 1 serving covering your protein, fat, and vegetable. This recipe serves one and is easily doubled.



### INGREDIENTS

1/4-1/2 bunch asparagus (depends on size, close to a cup)  
2 tsps. coconut or avocado oil  
1/4 tomato, sliced  
2 pastured eggs, poached  
Pink Himalayan salt & freshly-ground pepper, to taste  
Hollandaise sauce (see below)  
Chives, chopped (optional)



## INSTRUCTIONS

In a medium-size frying pan over medium heat, add oil. Sauté the asparagus until tender, about 8-10 minutes

In a medium sauce pan, bring 2-3 cups of water to a boil (just enough to bring water up to an inch on the side of the pan). Once boiling, gently break the eggs (one at a time) into a small bowl or custard cup, then carefully lower the egg into the water. Repeat with the second egg. Allow each egg to boil for 3 minutes. Remove and set aside for assembly.

Place asparagus on a plate, then add tomato on top. Place eggs on top of the tomato and drizzle with hollandaise sauce.

### 5-MINUTE HOLLANDAISE SAUCE (4 servings)

2 Tbs. Kerry Gold grass-fed butter  
1 pastured egg yolk  
1/4 tsp. Dijon mustard  
1 Tbs. lemon juice  
1/4 tsp. pink Himalayan salt  
1/2 Tbs. water

In a small saucepan, melt the butter over medium-low heat. Add all the ingredients into a high-powdered blender or bullet until well-combined.