



## BALSAMIC MUSHROOM TOAST<sup>o</sup>

**SERVES:** 1 (1 slice of toast) **Prep Time:** 10 min. **Cooking Time:** 8 min.

**CONTAINER EQUIVALENTS** (per serving):  1  1  1



**1 tsp.** ghee (organic grass-fed, if possible)  
**1 cup** quartered cremini mushrooms  
**1 Tbsp.** finely chopped shallot  
**1 tsp.** finely chopped thyme  
**1 dash** sea salt (or Himalayan salt)  
**1 dash** ground black pepper  
**2 Tbsp.** balsamic vinegar  
**1 slice** low-sodium sprouted wheat bread (like Ezekiel<sup>®</sup>), toasted

1. Heat ghee in large skillet over high heat.
2. Add mushrooms; cook, stirring frequently, for 3 minutes, or until golden brown. Reduce heat to medium-low.
3. Add shallot, thyme, salt, and pepper; cook, stirring frequently, for 1 to 2 minutes, or until shallot is translucent.
4. Add vinegar; cook, stirring frequently, for 1 to 2 minutes, or until pan is almost dry.
5. Top toast with mushroom mixture and enjoy!

### RECIPE NOTE:

You can substitute 1 Tbsp. chopped onion and ¼ tsp. chopped garlic for shallot.

### SERVING SUGGESTION:

To make this recipe gluten-free, use **Gluten-Free Fresh Bread** (see separate recipe for **Gluten-Free Fresh Bread**).

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): Calories: 173 Total Fat: 5 g Saturated Fat: 3 g Cholesterol: 12 mg Sodium: 373 mg Carbohydrates: 26 g Fiber: 4 g Sugars: 7 g Protein: 6 g

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Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

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