



TOTAL TIME

35 minutes

PREP TIME

20 minutes

COOK TIME

15 minutes

SERVES

4

COOKING LEVEL

Medium

RECIPE | EGGPLANTS

BAKED EGGPLANT BREAKFAST BOWL

INGREDIENTS (MARINADE)

- ¼ cup water
- 1½ teaspoons salt
- ¼ cup maple syrup
- 2 tablespoons white vinegar
- 1 tablespoon olive oil
- 1 tablespoon Tamari
- 1 teaspoon chili powder
- 1 tablespoon Worcestershire sauce
- ¼ teaspoon garlic powder
- ½ tablespoon liquid smoke
- 1 teaspoon freshly ground black pepper

INGREDIENTS (BREAKFAST BOWL)

- 3-4 strips Pure Flavor® Purple Baby Eggplant bacon
- 1 cup finely shredded kale
- 1 teaspoon olive oil
- 1 teaspoon lemon juice
- ¼ cup of chickpeas
- ½ of an avocado, sliced
- 1 fried egg

DIRECTIONS

FOR THE EGGPLANT BACON

1. Preheat oven to 425°F. Line baking sheet with parchment and place wire baking rack on top.
2. Place marinade ingredients in a bowl and whisk together.
3. In shallow dish, layer eggplant slices, pour marinade over them and let sit for 15-30 minutes, flipping once.
4. Lay marinated eggplant on rack and bake for 12-14 minutes on middle rack.
5. Remove from oven and once cool, dip each slice back into marinade and place back on rack. Sprinkle salt and pepper to taste and bake for 2 minutes. Then remove from oven and allow to cool completely.

FOR THE BREAKFAST BOWL

1. In a large bowl combine kale, olive oil and lemon juice. Mix together with hands until tender. Top with avocado slices, chickpeas, strips of eggplant bacon, and a fried egg. Enjoy!



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