

RECIPE | EGGPLANTS

# BAKED EGGPLANT BREAKFAST BOWL



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## 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

### Breakfast Bowl:

- 1 cup finely shredded kale
- 1 teaspoon olive oil
- 1 teaspoon lemon juice
- ¼ cup of chickpeas
- ½ of an avocado, sliced
- 3-4 strips eggplant bacon
- 1 fried egg

## DIRECTIONS

1. Preheat to 425F. Place marinade ingredients in a bowl and whisk together. In shallow dish, pour marinade eggplant slices and let sit for 15-30 minutes. Lay marinated eggplant on rack and bake for 12-14 minutes.
2. Remove from oven and cool. Dip each slice back into marinade and place on rack. Sprinkle salt and pepper, bake for 2 minutes.
3. 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.



### TOTAL TIME

1 hour, 15 minutes

### PREP TIME

15 minutes

### COOK TIME

1 hour

### SERVES

4

### COOKING LEVEL

Easy