

## Gourmet Health Burger

Tasty Juicy and Healthy

1 Wholemeal sourdough bread roll

A few Baby spinach leaves

1/3 of small fresh beetroot grated

1/4 of a medium carrot grated

1-2 slices of tomato

2 slices of diagonally sliced cucumber

1-2 slices of 'Organic Kosher Dill Pickles'

Onion jam

Whole Eggs Mayonnaise

Tomato Sauce

1 portion of protein of your choice; marinated tofu steak, veggie burger patties, a fried egg or an organic rissole

In a large fry pan place a little macadamia oil and cook or warm your choice of protein.

Cut your bun in half and place the inside's face down in the pan if warming a patty I do this at the same time as I put the patty in or if cooking a rissole towards the end. Take the buns out of the pan when golden brown.

Mix the grated beetroot and carrot together and set aside.

Spread the bottom bun with onion jam, you don't need a lot, onion jams are very sweet.

Spread the top with a quality whole egg mayonnaise.

On the bottom layer place in this order, spinach leaves, grated beetroot and carrot mix, tomato, cucumber, your protein, and bit of tomato sauce and the dill pickle/s.

I serve on a plate with the lid of the bun sitting next to it and then put on top prior to eating.

I buy wholemeal bread rolls from Ancient Grains or Healthy Bake. These are sourdough, yeast free and wheat free.

The benefit of avoiding yeast in bread is that you aren't feeding any potential overgrowth of yeast or candida within the large intestine. This condition is common in western society so it is best to be proactive in creating a healthy intestinal biome.

Wheat has been modified to unnaturally contain more gluten which is why a non-wheat grain is a better option.

I buy the Woodstock Kosher Dill Pickles from 'Wrays', these pickles are really something special in flavour. I never thought I would be one to eat pickles but they are amazing.

I always buy a whole egg mayonnaise and I look at the nutritional label to make sure it's not high in sugar. The Pure Addiction brand is 2.5 per 100g which is excellent. Avoid low fat mayonnaise's they are loaded with sugar. A quality whole egg mayonnaise will mainly be quality oil and eggs which are perfectly fine in

moderation. It's the unnaturally modified processed high sugar items you need to worry about.