

Veggie Scramble



PREP TIME:
5 MINUTES

COOK TIME:
8 MINUTES

TOTAL TIME:
13-15 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 1 Serving

Ingredients:

- 1 tablespoon coconut oil
- 2 large eggs
- 1 cup spinach, kale, or arugula, chopped
- 2 TBSP chopped red onion
- ½ red pepper sliced thin
- 2 medium sized mushrooms sliced thin
- 1 teaspoon garlic powder
- Sea salt and pepper to taste
- **See optional sides below**

Instructions:

1. Heat the coconut oil in a skillet.
2. In a separate bowl, whisk the eggs.
3. Add the onions and cook down 2 minutes.
4. Next add peppers and mushrooms, then the chopped kale and spices to the skillet. Cook until slightly wilted.
5. Season as desired with salt and pepper.
6. Then, add whisked eggs. Sauté until the eggs are firm.

Side Options: Serve with a cup of blueberries | ½ banana w/ 1 TBSP almond butter | ½ small avocado sliced

***Try and use all organic ingredients if possible.**

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