

Healthy Egg Scramble



Ingredients:

- 2 pasture raised eggs
- 1 handful of frozen spinach
- salt
- pepper
- nutritional yeast (can substitute with feta)
- ½ avocado

Instructions

- Sauté the frozen spinach in a pan
- In a separate bowl, mix the eggs, salt, pepper, and nutritional yeast (or cheese)
- Once spinach is softened, add the egg mixture and stir on low heat until it is cooked through
- Once cooked, mix in some avocado