



VEGGIES FOR BREAKFAST

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

INGREDIENTS

2/3 Eggs

1.5 Cup Chopped Spinach

Handful Spring onion

Sprinkle of Pine nuts

Olive oil/Coconut oil

DIRECTIONS

1. Beat eggs
2. Chop Spinach + Spring onion
3. Lightly fry spring onions + add spinach.
4. Add eggs + scramble
5. Top with Pine nuts!

