

# Hearty Sausage and Eggs Scramble



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

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## INGREDIENTS

- 2 sausage links, sliced 1/4 inch thick
- 2 eggs
- 1/2 tbsp avocado oil
- 1/2 cup chopped broccoli florets
- 1/4 small onion, chopped small
- 1 clove garlic, minced
- Sea salt and black pepper to taste

## DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add sliced sausage, broccoli, onion, and garlic to the skillet and cook for 5 minutes stirring occasionally.
3. Whisk eggs in a bowl then add to skillet along with salt and pepper.
4. Stir until eggs are cooked through.
5. Remove from heat and serve warm.

### NUTRITION INFO

Calories: 350, Carbohydrate: 20 grams, Protein: 34 grams, Fat: 14 grams