

Mushroom and Spinach Scramble



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- 1 tsp avocado oil
- 3 eggs
- 1/4 cup mushrooms, sliced
- 1/2 cup baby spinach
- Dash of garlic salt
- Dash of pepper
- 1 small handful shredded cheese
- 1 slice Ezekiel toast (option to omit toast and serve with 1/2 small avocado for lower carb)

DIRECTIONS

1. Warm avocado oil over medium heat in a medium skillet.
2. Whisk together eggs and cheese.
3. Add mushrooms, garlic salt, and pepper to the skillet and cook for 1-2 minutes.
4. Add egg mixture to the skillet and mix with a spatula until eggs are cooked through.
5. Right before removing from heat, fold spinach into scrambled eggs.
6. Serve with one slice of Ezekiel toast.

NUTRITION INFO

Calories: 415, Carbohydrate: 20 grams, Protein: 28 grams, Fat: 23 grams