



Kicked-Up Breakfast Scramble | Everyday Beast

Ingredients:

Eggs 4
Olive oil 1/2 tbsp
2% milk 1 tbsp
Spinach 1 handful
Cayenne pepper to taste
Onion powder to taste
Garlic powder to taste
Salt and pepper to taste
Hot sauce/tabasco (optional)

Directions:

1. Combine the eggs, spices, and milk in a bowl. Lightly beat the mixture together, keeping your yolks somewhat intact.
2. Preheat a nonstick skillet over medium-high heat, and add oil.
3. Once the oil is heated, add your egg mixture to the pan. Let it sit for about 60 seconds, and add the spinach.
4. Turn with a spatula, wait another 20-30 seconds, and flip again.
5. Continue cooking the eggs until they reach your desired consistency. Serve and pair with your carb of choice, such as oatmeal or toast.

Nutrition Facts:

Serving size: 1 scramble
Recipe yields: 1 serving

Calories 431
Fat 35 g
Carbs 3 g
Protein 26 g