



## Jonny's Brainy Breakfast Scramble

### Ingredients

- 1 tbsp coconut oil
- 2 tsp butter
- 2 apples, unpeeled, cored and cut into bite-sized pieces
- 4 cups baby spinach
- 4 eggs, lightly beaten
- 1/2 tsp turmeric
- 1/2 tsp lemon pepper, or to taste
- 1/4 tsp salt, or to taste

### Directions

Melt the oil and butter in a large skillet over medium heat. Add apple and cook, stirring occasionally, until the apples brown lightly or turn translucent, about 4–6 minutes. Add spinach and cook for 1–2 minutes until it begins to wilt. Pour egg over all and stir to mix well. Sprinkle in turmeric, pepper, and salt, mix well, and continue to cook until eggs reach desired doneness.

**Yield:** 2 large or 4 small servings