

Green Breakfast Scramble

Enjoy a straightforward low carb breakfast scramble

Prep Time	Total Time	Yield
5 min	10 min	2 servings

Nutrition Info Per Serving

Serving Size
¾ cup

Carbohydrates
4 grams

Protein
15 grams

Fat
19 grams

Calories
245

Ingredients

- 1 ½ tablespoon butter
- 4 eggs (beaten)
- 1 ½ cup spinach (chopped)
- ½ avocado (sliced)
- salsa (or salsa verde) to taste
- salt & pepper to taste

Instructions

1. Melt the butter in a nonstick skillet on medium heat.
2. Stir in eggs and spinach.
3. Add salt and butter.
4. Cook, stirring, until the eggs are softly scrambled, about 2 minutes.
5. Top with sliced avocado and salsa of choice.

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