



Egg and Veggie Scramble

TOTAL TIME: 8 MIN. SERVES 1

Ingredients

- *1 large egg and 2 egg whites, scrambled
- *1/3 medium avocado, chopped
- *1 cup cherry tomatoes, diced
- *1 cup baby spinach, shredded
- *can also make with egg whites

Directions

1. Cook egg and egg whites over medium-high heat in skillet.
2. Combine remaining ingredients on plate.
3. Add scramble to vegetables, season with black pepper if desired.

Calories: 250, Fat: 12g (3g Sat.), Carbs: 10g, Protein: 22g, Fiber: 8g, Sodium: 230mg, Potassium: 450mg, Vitamin A: 60%, Vitamin C: 33% Iron: 10%

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