

Classic Spinach Scramble



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Prep Time: 3 minutes

Cook Time: 5 minutes

Ingredients:

- 1teaspoon Organic Refined Coconut Oil
- 3 Large Organic Pastured Eggs
- 1 rounded cup Organic Baby Spinach, washed and chopped
- Dash Pink Himalayan Sea Salt
- Dash Organic Black Pepper
- 1/4 teaspoon Organic Gluten Free Coconut Aminos
- 1 Tablespoon Sliced Green Onions/ScallionsOnly the green part (Avoid White part if on one of our gut health programs)

Instructions

1. Melt coconut oil over medium heat in a small frying pan.

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2. Add your eggs, chopped spinach and spices and coconut aminos (save the green onions for a topping) and scramble with a large spatula. Cook over medium heat, stirring constantly, until eggs are cooked and spinach is wilted.
3. Scoop into a plate and top with sliced green onions! Enjoy!