

TURMERIC EGG SPINACH SCRAMBLE



SERVING SIZE

1



INGREDIENTS

ITEM

Large Eggs
Raw Baby Spinach
Olive Oil
Turmeric Powder
Salt and Pepper

QUANTITY

3
2 Cups
2 Tsp.
1 Tsp.
To Taste



PREPARATION

- ✔ Crack eggs into a bowl. Add turmeric, salt, and pepper. Whisk until well combined.
- ✔ Heat olive oil in a non-stick skillet over medium heat.
- ✔ Add spinach and sauté for 1-2 minutes until wilted.
- ✔ Pour egg mixture over the spinach.
- ✔ Stir gently with a spatula, cooking until eggs are just set but still soft and fluffy.
- ✔ Transfer to a plate and enjoy warm as a protein-packed breakfast.