

Morning Egg Mix-up

Yields

1

Ingredients

2 eggs

1/2 cup greens (or more, they shrink when cooked)

1/2 mixed veggies (carrots, celery, radish, tomato, cabbage, etc.)

1 tsp coconut oil

Dash of turmeric

Salt and pepper

Directions

Heat pan and melt coconut oil. Saute vegetables and then add egg and scramble in pan. Or remove sautéed vegetables from pan and fry eggs. Sprinkle with salt, pepper and turmeric. Additional toppings could be shredded cheese, avocado or sauerkraut.