



Breakfast Recipes

Egg & Quinoa Scramble

Ingredients:

- 2 eggs
- ¼ avocado cubed
- ½ cup cooked quinoa
- Salsa, salt and pepper to taste
- 1 tablespoon almond milk
- Diced veggies (spinach, peppers, onions)



Directions:

1. Whisk eggs, milk, salt and pepper in a bowl and set to the side.
2. Dice up all vegetables.
3. In a saucepan, sauté veggies (peppers and onions) on medium heat. Add spinach and cook for about 30 seconds.
4. Pour whisked eggs in the saucepan. Once the eggs are almost fully cooked, add the cooked quinoa into the saucepan.
5. Pour scramble into bowl. Top with avocado and salsa.

Enjoy!

Nutrition Information:

1 serving: 314 calories, 17 grams protein, 24 grams carbs, 17 grams fat

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