

Veggie Egg Scramble – Serves 1



Ingredients:

- ¼ small Red bell pepper, chopped
- 2 tbsp. Onion, chopped
- 1-2 drops Hot sauce
- 2 Eggs, whisked
- 1 Kale leaf, ripped off stem and chopped
- Salt and pepper to taste

Directions:

1. Fry the red bell pepper and onion together on an oil sprayed pan with medium heat until the onion and pepper become slightly more tender (about 2 min).
2. While the veggies are cooking, whisk together the eggs with the hot sauce and salt and pepper.
3. Add the kale to the pan and cook until it wilts.
4. Add the eggs and scramble until eggs are cooked.
5. Enjoy 😊