

VeraVia – Breakfast Scramble with Spinach, Zucchini and Thyme

Serves 2

Ingredients:

4 whole eggs
1 cup zucchini, rough chopped
2 handfuls spinach, roughly chopped
½ cup scallions (green onion), roughly chopped
¼ cup fresh thyme or parsley or both, chopped
2 tsbp. ghee or butter
Salt and pepper

Method:

- Beat eggs and season with salt and pepper.
- To pan set over med high heat flame, add half the butter and sauté zucchini, and scallions. When zucchini has turned golden, add spinach.
- Add salt and pepper and cook until spinach has barely wilted. (only seconds). Remove and set aside.
- Wipe pan, to keep flavor, and add the other half of butter. When it starts to sizzle, add the eggs. Turn heat down and continue cooking. When half set, add cooked vegetables.
- When the eggs are cooked, add fresh herbs and serve.
- *Optional: Add freshly cracked pepper and crumbled goat cheese to top.*