



## *Low Carb Breakfast Casserole*

*Enjoy this delicious, dairy-free, low carb breakfast delight!*

### **Ingredients:**

- ¼ Onion- Chopped
- 2 C Spinach
- ½ lb Ground Turkey
- 5 Eggs
- Salt & Pepper to taste
- Salsa as garnish

### **Directions:**

- Spray pan with non-stick spray
- Sauté onion for 2-3 minutes
- Add and brown ground turkey
- Add spinach and sauté for 1-2 minutes
- Add mixture to loaf pan sprayed with non-stick spray
- Whisk eggs with salt and pepper
- Pour over mixture in loaf pan
- Bake at 350° for 25 minutes

*“If you can dream it, you can do it!”*

