High Protein EGG SCRAMBLE

In need of some more protein for your first meal of the day? This perfect blend of quinoa, eggs and spinach is exactly what you need to add to your weekly breakfast delights. It's not only tasty, with a nice hint of garlic and mozzarella, but it's full of those necessary nutrients to get you through any busy day.

INGREDIENTS

1 egg, lightly beatened

1/4 cup cooked quinoa

1/2 cup spinach

1/4 tsp minced garlic

1 Tbsp shredded mozzarella

Salt and pepper, to taste

DIRECTIONS

Spray pan with nonstick cooking spray and let pan warm up on medium heat.

Add in minced garlic and cook it for a minute, letting it lightly brown.

Add in the egg and the remaining ingredients and scramble together until thoroughly combined.

Top with salt and pepper to taste and enjoy!

WLS Afterlife