



Veggie Scramble With Avocado

Looking for a protein-packed breakfast to keep you full all morning? Look no further than this Veggie Scramble with Avocado that comes with healthy fat and plenty of flavor!

SERVINGS

4 of Servings

INGREDIENTS

- 1 red bell pepper, chopped
 - 8 eggs, whisked
 - ½ cup onion, diced
 - ½ cup part skim shredded mozzarella cheese
 - 1 avocado
 - sea salt & black pepper
 - 2 cups broccoli, chopped
 - 1 tomato, diced
 - 1 tbsp olive oil
-

DIRECTIONS

1. Heat the olive oil over medium high heat.
 2. Add the veggies and cook for 4-6 minutes until tender crisp or until your desired doneness. Push veggie to one side of the pan.
 3. Add the eggs and let sit until beginning to set. Then scramble, incorporating the veggies, to the desired doneness.
 4. Top with salt, pepper, diced tomato, avocado, and shredded cheese.
-