

Nutritious Breakfast Scramble

You will need:

2 Eggs

Spinach

One tomato

One bell pepper

One small onion

Kale

Broccoli

Directions:

1. Scramble two eggs, dice all vegetables.
2. Heat a frying pan to medium heat and add all ingredients, cooking for 1-2 minutes.
3. Serve and enjoy!

*This recipe was created by Jasmine Hambaro
and the UMass Nursing Program