

Green Eggs

submitted by MaggieSierdsma



Per serving: 222 Calories • 5g Carbs (1.8g Fiber) • 15.6g Fat • 16.3g Protein

Ingredients

Ingredients scaled to: 2 serving

- 4 extra large **Egg** (224 grams)
- 1 cup **Spinach** (30 grams)
- 1 cup, chopped **Kale** (67 grams)
- 1 cup **Chard** (36 grams)
- 2 tsp **Coconut oil** (9 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Mix eggs and greens in a food processor until smooth. Melt coconut oil in a skillet over medium heat. Pour egg mixture into pan and cook. Scramble eggs to desired doneness and serve immediately. Enjoy!