

Asparagus and Tomato Scrambled Eggs

1 teaspoon coconut oil

2 slender stalks asparagus, trimmed and chopped fine

½ half small red onion, chopped fine

2 large eggs

Splash of unsweetened almond milk, optional

1 campari tomatoes, seeded and diced

Himalayan sea salt & freshly cracked pepper, to taste



1. Add the coconut oil into your skillet and heat over medium. Add asparagus and onion. Cook, stirring occasionally, for 5 minutes or until onion is translucent.

2. Whisk together eggs and almond milk, if using. You can add a splash of water instead of the almond milk. Pour over asparagus mixture and cook slowly, gently stirring, until eggs are almost set (still a little wet looking).

3. Gently stir in diced tomatoes. Remove from heat. Season with salt and pepper, as desired. Plate.

Makes 1 serving of your protein, veggie & good fat – all you need is a nice cup of berries 😊