

Breakfast Stuffed Peppers

- 4 bell peppers, sliced in half, core and seeds removed
- 8 eggs, beaten
- 1 cup mushrooms, sliced
- 1 onion, diced
- 3 cups baby spinach
- 1 tomato, diced
- ½ teaspoon garlic powder
- 2 teaspoons coconut oil
- Himalayan sea salt and freshly ground black pepper



1. Preheat your oven to 375 F.
2. Melt coconut oil in a skillet placed over a medium-heat. Sauté the onion until soft, about 4 minutes, then add the mushrooms and tomatoes and cook about 2 minutes.
3. Add the spinach and cook until wilted, about 1 or 2 minutes. Season to taste with salt, pepper, and garlic powder.
4. Divide the vegetable mixture equally among the bell pepper halves
5. Top off each bell pepper half with a beaten egg.
6. Place the stuffed peppers in the oven, on a baking sheet, and bake for 40 minutes.

Makes 4 servings.

Serving Size = 2 stuffed ½ peppers

Enjoy with 1 cup of on plan fruit for a complete meal.

