

# Spinach & Eggs



## Ingredients

1 meal for 1 person

- 1/2 Tbsp Coconut Oil (*For Pan*)
- 100g Baby Spinach (*Fresh*)
- 1/2 tsp Ground Black Pepper
- 2 Large Eggs (boiled)

*\*Add more pepper and pink salt to eggs!*

## Directions

1. Add coconut oil to pan on medium heat.
2. Weigh out spinach while pan is heating up
3. When pan is hot, add spinach and stir the spinach around on the pan with a spatula.
4. Add ground black pepper once spinach has absorbed coconut oil from the pan
5. Spinach is cooked when SLIGHT browning on spinach

Serve this meal hot and enjoy right after cooking!

