

Scrambled Eggs & Sausages



Ingredients

For 1 serving

- 1 Egg
- 1/2 cup Egg Whites
- 1 tsp Coconut Oil
- 1/4 cup Shredded Cheese (Light) **Optional*
- 1-2 Sausages (aim for minimal sugar/better ingredients list)

*You can use moose sausages, turkey or even unhealthy options sometimes!

- 1 tsp Ground Black Pepper
- 1 tsp Pink Salt or Sea Salt

Directions

1. Add coconut oil to frying pan at medium heat
2. Cut sausages into small slices (help cook faster)
3. First add sausages into frying pan
4. Mix together with fork or whisk, eggs, and cheese
5. Add eggs to frying pan with sausages (or separate if you prefer)
6. Add salt and pepper to eggs
7. Combine all together in bowl and enjoy fresh or freeze to reheat later!

