

EGG-FREE BREAKFAST SCRAMBLE



INGREDIENTS

- 1 lb ground beef
- 1/2 tsp cinnamon
- 2 Tbsp coconut oil
- 1 large sweet onion, roughly chopped 1 handful broccoli florets
- 2 zucchini, sliced into half moons
- 2 yellow squash, sliced into half moons
- 4 asparagus spears (optional)
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 2 large avocados, sliced

DIRECTIONS

In a large pan, brown beef and season with cinnamon. Set aside. In another pan, heat coconut oil over medium heat. Add onions and cook for 3 minutes. Add other veggies and cook for another 5-7 minutes until veggies are soft. Add garlic powder and salt and stir well. Mix browned beef with veggies and serve. Top with sliced avocado.

Source: Amy Myers 30 Day Candida Control Recipes