



360-984-6163



Tuesday - Saturday
10:00am to 5:00pm

CAFE HOURS

MARCH'S WELLNESS RECIPE

SPINACH & EGG SCRAMBLE WITH RASPBERRIES

This quick egg scramble with hearty bread is one of the best breakfasts for weight loss. It combines protein-packed eggs and superfood raspberries with filling whole-grain toast and nutrient-rich spinach. The protein and fiber help fill you up and keep you going through the morning.

Ingredient Checklist

- 1 teaspoon canola oil
- 1 ½ cups baby spinach (1 1/2 ounces)
- 2 large eggs, lightly beaten
- Pinch of kosher salt
- Pinch of ground pepper
- 1 slice whole-grain bread, toasted
- ½ cup fresh raspberries

Directions

Step 1

Heat oil in a small nonstick skillet over medium-high heat. Add spinach and cook until wilted, stirring often, 1 to 2 minutes. Transfer the spinach to a plate. Wipe the pan clean, place over medium heat and add eggs. Cook, stirring once or twice to ensure even cooking, until just set, 1 to 2 minutes. Stir in the spinach, salt and pepper. Serve the scramble with toast and raspberries.

Nutrition Facts (per serving)

296 Calories, 16g Fat, 21g Carbs, 18g Protein

CONNECTION HEALS; TOGETHER IN
RECOVERY, WE FIND STRENGTH.

