



MELISSA'S BLUEBERRY SCRAMBLE

Serves 1

Ingredients

1 cup roasted sweet potatoes or butternut squash
2 slices of bacon
3 eggs
1/2 tsp sea salt
1/4 tsp pepper
2 cups spinach
1/2 cup fresh blueberries
1-2 Tbsp toasted walnuts

Instructions

Roast your sweet potatoes or butternut squash. Cook bacon in a skillet until it reaches your preferred crispiness and set aside.

Drain the bacon grease from your skillet and return to the stove with 1 Tbsp of ghee. Turn the stove to medium heat.

Whisk your eggs in a small bowl and add to your skillet. Add the spinach and allow it to wilt with the eggs for about 1 minute. Add the blueberries, sea salt, and pepper and let sit for 1 minute. Gently fold in the roasted sweet potato or squash, being careful to leave blueberries intact.

Once cooked through, serve on a plate alongside your bacon. Garnish with walnuts.