

Quinoa Breakfast Bowl



Ingredients

- ☐ 4 Eggs
- ☐ 1 tbsp Greek Yogurt
- ☐ Sea Salt, to taste
- ☐ Pepper, to taste
- ☐ Hot Sauce, to taste
- ☐ 1 tbsp Oil
- ☐ 1 cup Quinoa, cooked
- ☐ ½ Avocado, diced
- ☐ 1 Roma Tomato, diced
- ☐ 1 Scallion, thinly sliced
- ☐ Sausage

Utensils

- ☐ Mixing bowl
- ☐ Skillet

Cooking Instructions

1. In a medium bowl, beat eggs with yogurt, salt, pepper, and hot sauce.
2. In medium skillet over medium, heat oil and scramble eggs.
3. In serving bowl, add quinoa.
4. Top with eggs, avocado, scallions, tomato, sausage, and hot sauce.