

Easy and Healthy Scrambled Egg Bowl with Avocado and Veggies

A handful of fresh spinach or baby greens



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INGREDIENTS

- 2 scrambled eggs
- 1/2 avocado, sliced
- 1 small tomato, sliced
- 1/2 cup sliced cucumber
- A handful of fresh spinach or baby greens
- A small handful of arugula
- 1 tablespoon hummus (optional)
- 1 teaspoon pumpkin seeds
- 1/2 teaspoon everything bagel seasoning (or a mix of sesame, garlic, and onion)
- Salt and black pepper to taste

DIRECTIONS

- 1.** Scramble the : Eggs: Whisk the eggs in a small bowl with a pinch of salt and pepper. Cook them gently in a non-stick skillet over medium heat until they are just set and fluffy.
- 2.** Prepare the : Veggies: While the eggs are cooking, slice the avocado, cucumber, and tomato. Season the tomato lightly with salt and pepper.
- 3.** Assemble the : Bowl: Arrange the fluffy scrambled eggs, the sliced avocado, tomato, and cucumber in a bowl. Add a handful of fresh spinach and arugula. If you're using it, add a dollop of hummus.
- 4.** Garnish: Sprinkle the pumpkin seeds and everything bagel seasoning over the top.
- 5.** Serve: Serve the savory scramble bowl immediately and enjoy!

SWAPS & NOTES

Eggs: While scrambled eggs are the base here, you could also use a fried egg, a poached egg, or even egg whites.

Greens: Feel free to use your favorite greens.

A mix of spinach and arugula gives you a great flavor, but any fresh green would be delicious.

Veggies: This bowl is all about customization.

TIPS FOR SUCCESS

Cook the Eggs Gently: Cooking the eggs over a low to medium heat ensures they stay soft and fluffy.

Fresh Ingredients: The quality of this dish depends on the freshness of your ingredients.

Use a ripe avocado and crisp greens.

Don't Forget the Seasoning: The everything bagel seasoning adds a ton of flavor and a wonderful crunch, so don't skip it!

