

## **Breakfast – Whole 30**

### **EGG WHITE VEGGIE SCRAMBLE**

**\$4.92/SERVING EST**



Ingredients and groceries scaled from original 1 servings

**1/3 cup olive oil**

**2 ½ cup red onions diced**

**5 green bell peppers diced**

**50 cherry tomatoes halved**

**2 ½ cups Egg Whites**

**5 teaspoons Herbs de Provence**

**6 ¼ cups blueberries**

**Prep: 15 mins**

**Cook: 15 mins**

1. Heat oil in a large skillet over medium heat. Add onion and cook until tender.
2. Stir in bell pepper and cherry tomatoes. Cook until tomatoes start to soften.

3. Add egg whites and seasoning. Once the eggs start to turn white around the edges, use a spatula to push the edges toward the center to scramble the eggs. Continue stirring until the eggs are cooked to your preference.
4. Serve with blueberries and raspberries.