

Terian's Easy Breakfast

Ingredients:

- Roasted veggies
- 2 or three eggs (per person)
- Olive oil/butter/seasonings
- Feta cheese (or cheese of your choice)
- 1 avocado sliced
- Sprouted grain toast (freezer section)
- Fresh berries

Directions:

1. Throw veggies into sauté pan to warm with a little oil/butter.
2. Add beaten eggs and cook omelet style on both sides. Throw cheese of choice in center fold and warm to melt cheese.
3. Add a side of sprouted grain bread and some fruit
4. Enjoy

*Pro tip: It is also good on the go or cold with a little hummus or spicy mustard.