Fluffy Spinach Scrambled Eggs

Light and airy scrambled eggs cooked with fresh sautéed spinach, perfect for a nutritious low-carb breakfast.

Servings: 2 **Time:** 10 minutes

Ingredients

- 4 large eggs
- 1 cup fresh spinach, roughly chopped
- 1 tablespoon olive oil
- 2 tablespoons milk
- Salt to taste
- Black pepper to taste
- 1/4 teaspoon garlic powder (optional)

Instructions

1. Whisk eggs, milk, salt, pepper, and garlic powder in a bowl until fully combined and slightly frothy.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add chopped spinach and sauté for 1-2 minutes until wilted.
4. Pour the egg mixture into the skillet with spinach.
5. Let eggs sit undisturbed for a few seconds, then gently stir with a spatula to form soft curds.
6. Continue to cook and gently fold eggs until they are fluffy and just set, about 2-3 minutes.
7. Remove from heat and serve immediately.

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