Spinach & Feta Protein Scramble

Quick, low-carb scrambled eggs with fresh spinach and tangy feta cheese, perfect for a protein-packed breakfast.

Servings: 2 **Time:** 10 minutes

Ingredients

- 4 large eggs
- 1 cup fresh spinach, chopped
- 2 oz feta cheese, crumbled
- 1 tbsp olive oil
- Salt, to taste
- Black pepper, to taste

Instructions

1. Crack eggs into a bowl and whisk until smooth. Season with salt and pepper.
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 in the eggs and cook gently, stirring occasionally to scramble.
5. When eggs are halfway set, sprinkle crumbled feta over the top.
6. Continue cooking until eggs are fully cooked but still soft.
7. Remove from heat and serve immediately.

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