Fluffy Spinach & Cherry Tomato Scramble

Light and protein-packed scrambled eggs with fresh spinach and sweet cherry tomatoes. A perfect low-carb, high-protein breakfast for two.

Servings: 2 **Time:** 15 minutes

Ingredients

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

Instructions

1. In a bowl, whisk together eggs, milk, salt, pepper, and garlic powder until frothy.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add cherry tomatoes and cook for 2 minutes until slightly softened.
4. Add spinach to the skillet and sauté until wilted, about 1-2 minutes.
5. Pour the egg mixture into the skillet over the vegetables.
6. Let eggs cook undisturbed for 20 seconds, then gently stir with a spatula.
7. Continue to cook and gently fold eggs until fluffy and just set, about 2-3 minutes.
8. Remove from heat and serve immediately.

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