



GLASSES  
GOES  
GLUTEN  
FREE



# SWEET POTATO, SPINACH & EGG SKILLET FOR ONE

SIMPLE & BALANCED BREAKFAST FOR ONE

## YOU WILL NEED:

- ¾ cup shredded sweet potato
- Salt and pepper
- Handful spinach
- 2 large eggs
- 3 egg whites
- 1 teaspoon chipotle tabasco
- 2 Tablespoons of diced avocado - about ⅓ of an avocado
- Dash of cayenne pepper

- 1 Preheat oven to 400 degrees.
- 2 Spray a small cast iron skillet with cooking spray and heat on medium high heat. Spread shredded potatoes evenly in the pan and lightly saute for 3-5 minutes - don't stir too much or your potatoes will turn to mush. Sprinkle potatoes with salt and pepper.
- 3 Turn off heat. Spread your handful of spinach evenly over potatoes then top with eggs and Tabasco.
- 4 Bake in preheated oven for 8-12 minutes or until egg whites are set OR eggs are cooked to your desired consistency. (the less time you have the skillet in, the more runny your egg yolks will be)
- 5 Top with diced avocado and dash of cayenne pepper.