

## Breakfast Eggs and Veggies

### Ingredients

- 2 Eggs
- 1 tsp butter
- 6 Asparagus, trimmed and chopped
- 2 Large Mushrooms, chopped
- ¼ c blueberries
- ½ avocado
- ½ tsp Live by Heart Artisan Spice Blend
- 1 Tbsp Balsamic Vinegar (optional)



### Directions

Sauté asparagus and mushrooms with the GCGL spice blend in the butter on medium heat. When they are almost to the desired tenderness, add the blueberries. Add the vinegar and sauté for another minute. Take out of pan and put on plate.

Now fry the eggs and add to the veggies on your plate.

Top with sliced avocado.

*Optional:* Try serving it on a bed of avocado toast. How about adding bell peppers, cauliflower, broccoli, mixed greens, onions, or green onions! What about adding Canadian bacon or ham. Yum!

Serves 1

Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>413</b>
	% Daily Value*
<b>Total Fat</b> 32.5g	42%
Saturated Fat 9.3g	46%
<b>Cholesterol</b> 337mg	112%
<b>Sodium</b> 161mg	7%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber 9.6g	34%
Total Sugars 7g	
<b>Protein</b> 16.3g	
Vitamin D 199mcg	995%
Calcium 78mg	6%
Iron 6mg	31%
Potassium 937mg	20%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.	
Recipe analyzed by <b>verywell</b>	