
Waking up with Diabetes

1. Eggs and Vegetables, Fried in Coconut Oil

Ingredients:

Coconut oil,

Spinach,

Frozen Vegetable Mix (*carrots, cauliflower, broccoli, green beans*) and Spices.

Instructions:

Add coconut oil to frying pan and turn up the heat.

Add vegetables. In my case, I use a frozen mix so I need to let it thaw in the heat for a few minutes.

Add eggs Waking up with Diabetes: Breakfast (I use 3 or 4).

Add Waking up with Diabetes: Breakfast spices. I use a spice mix, although salt and pepper work great too.

(Optional) Add spinach.

Stir fry until ready.

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