

PROTEIN PACKED BREAKFAST BOWL

(with a kick to rev up your metabolism for the day)

Ingredients: *(serves 2)*

1 can garbanzo beans, drained & rinsed
1 cup fresh spinach
3 eggs
Chopped onion (optional)
Cayenne pepper to taste, salt is optional
Franks Red Hot sauce
2 Tbsp olive or coconut oil
1/3 cup shredded cheddar or feta cheese
(optional)



1. Sauté beans (and onions if using) in oil until they begin to get tender, season with cayenne pepper, as spicy as you want, but remember you're going top with more cayenne with the hot sauce later!
2. Add your spinach, when it begins to wilt add your eggs and stir. Continue to stir and mix until egg is cooked, adding cheese towards the end, then fold in after you turn off the heat.
3. Place mixture into a bowl, add a pinch of salt if desired and top with Frank's Red Hot Sauce.

This breakfast bowl is packed with protein and a good dose of capsasin, then ingredient in cayenne pepper to get your metabolism revved up for the day! Modify or add ingredients as you please and enjoy!

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