Nuts for Veggies Scramble

Calories: 220 (per serving)
Make 1 serving

Ingredients
1 egg
1 tbsp water
¼ cup finely chopped kale
¼ cup finely chopped mushrooms
1 tbsp shredded mozzarella cheese
1 tbsp raw or dry roasted walnuts
1 tbsp vegetable oil
Salt and pepper to taste
½ scoop of PGX Granules (2.5 g)

Directions
1. Coat custard cup or coffee mug with oil
2. Add egg, water, kale, and mushrooms; whisk until blended
3. Microwave on high for 30 seconds
4. Add PGX Granules, stir, and microwave again for 30 to 45 seconds until egg is almost set
5. Add salt and pepper to taste and top with cheese and walnuts