

Protein-Packed Breakfast Bowl

Start your day with a nutritious breakfast bowl featuring eggs and toast separately. This recipe excludes avocado for a fresh twist on a classic morning meal.


15 min

Total time

Easy

Difficulty

380

kcal / serving

Ingredients

- Ingredients for 1 person:
- 2 eggs
- 2 slices whole wheat bread
- 1/2 cup cherry tomatoes
- 1/4 cup baby spinach
- 1/4 cup cooked quinoa
- 1/4 cup low-fat Greek yogurt
- Salt and pepper to taste

Steps

- 1 In a small pan, fry or scramble the eggs to your liking.
- 2 Toast the whole wheat bread slices until golden brown.
- 3 Arrange the cherry tomatoes, baby spinach, and cooked quinoa in a bowl.
- 4 Top with the eggs and a dollop of Greek yogurt.
- 5 Season with salt and pepper to taste.
- 6 Serve the breakfast bowl alongside the toasted bread slices.