



ADVANCE BIOMEDICAL TREATMENT CENTER

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Avocado Spinach Bacon Scramble

Ingredients:

- 1 tablespoon Earth Balance
- 2 cups baby spinach
- 6 large eggs, beaten
- 1 large avocado
- 4 slices preservative-free Hickory smoked bacon, cooked till crisp
- 3 ounces Tofutti sour cream

Instructions:

1. Heat the margarine in a skillet over medium heat. Add the spinach and sauté until wilted, about 5 minutes.
2. Pour in the eggs and sour cream and scramble until cooked through, about 5 more minutes.
3. Remove from heat and stir in the avocado and bacon.
4. Variation (if not diabetic or not trying to lose weight): You may wrap it in a gluten-free tortilla to make a breakfast burrito. Serve with salsa or hot sauce if desired.