

VEGAN SCRAMBLED EGGS WITH KALE & MUSHROOMS

INGREDIENTS

- 4 t Coconut oil (divided)
- 5 T Chickpea flour (same as garbanzo bean flour)
- 6 T Water
- 1 Scallion (chopped)
- 1/4 C Mushrooms (chopped)
- 1 T Kale (chopped)
- Sea salt
- Black pepper (to taste)



DIRECTIONS

- 1 Heat 2 t of coconut oil in a small non-stick skillet
- 2 In a small bowl, mix chickpea flour, water, scallion & a couple pinches of regular sea salt & pepper (to taste)
- 3 Add the mushrooms to the skillet & let them cook (5 minutes)
- 4 Add the remaining 2 t of coconut oil to the pan
- 5 Pour the chickpea/scallion mix into the skillet
- 6 Let the mix cook without touching 3-5 minutes **OR** until the edges 'set'
- 7 Sprinkle the kale into the skillet
- 8 Using a spatula, begin breaking the mix into smaller bite-size pieces
- 9 Heat the 'eggs' until they are cooked through (no batter in sight)
- 10 Sea salt & pepper (to taste)



