



## Kale Scrambled Eggs with Coconut Milk

**Active Time:** 10 minutes | **Total Time:** 10 minutes | **Serves:** 1

### Nutrition Information Per Serving

521.9 calories, 6.98 g carbohydrate, 0.94 g fiber, 6.04 g NET carbs, 26.72 g protein, 44.66 g fat

#### Ingredients

- 4 Tbsp(s) Aroy D Coconut Milk
- 1/2 tsp(s) Real Salt
- 1/2 cup(s) chopped organic kale
- 1 Tbsp organic salted butter
- 3 large(s) organic eggs
- 2 slice(s) pastured bacon, cooked and crumbled
- 1/2 tsp(s) fresh ground pepper, to taste

#### Preparation

1. Beat the eggs with the coconut milk.
2. Melt the butter in a skillet over medium heat.
3. Add the kale and cook for 1 minute.
4. Season with salt and pepper and add the eggs.
5. Scramble until cooked through and top with the bacon before serving.

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