

## Keto Breakfast: Ham & Mushroom Scrambled Eggs



### Ingredients:

- 4 tbsp mct oil (or oil of your choice)
- 1/4 cup red onion
- 1/2 lb crimini mushrooms
- 8 ounces ham
- 8 Large Eggs whisked together
- 1 bunch spinach

### Instructions:

1. Heat around 1-2 tbsp of the mct oil in a cast iron skillet over medium high heat
2. When oil is hot, add red onion and crimini mushrooms to the skillet. Cook until mushrooms start to turn clear, around 2 minutes. Stir occasionally.
3. Stir in ham and continue to cook for around 2 more minutes, adding mct oil as necessary.
4. Add eggs to the mixture and remainder of oil and stir to blend all ingredients. Add spinach.
5. Cook until eggs are cooked.
6. Separate onto 4 plates, or 4 containers if meal prepping.

### Nutrition Information:

- Servings: 4
- Calories: 372
- Fat: 27.4g
- Protein: 27g
- Carbs: 9.5g
- Net Carbs: 7.1g