

## A Simple Healthy Lunch: Hashbrown Eggs



### Ingredients

3/4 cup potato hash browns (from a bag)

4 whole eggs

1/2 cup spinach

1 ounce shredded cheese

A Pinch of Celtic Sea Salt or Himalayan Pink Salt

A Pinch of ground black pepper

Heat up 2 tablespoons of real butter (healthy fat) in a medium skillet. Brown the hashbrowns until they are half way cooked. Make 4 holes in the hashbrowns. Crack open an egg right into each hole. Let cook for 1 minute. Sprinkle with salt and pepper. Add spinach and cheese and mix.

**ENJOY!!**