

Banana Honey Scramble

1 SERVING 10 MINUTES



INGREDIENTS

- 1 ea Banana (ripe)
- 2 Egg
- 1 tbsp Raw Honey
- 1 tsp Cinnamon
- 1 tbsp Butter

NUTRITION

AMOUNT PER SERVING

Calories	416	Iron	2mg
Fat	21g	Vitamin D	82IU
Carbs	47g	Folate	71µg
Fiber	4g	Magnesium	46mg
Protein	14g	Zinc	2mg
Vitamin C	10mg		

DIRECTIONS

- 01 Melt butter in a medium saucepan over low-medium heat.
- 02 Slice banana into 1/2 inch thick slices and sauté using low-medium heat, turning every few minutes until soft and slightly gold brown.
- 03 Lower heat, add honey and cinnamon to a corner of the pan, mix into a sauce, then combine with the banana. Turn heat to medium.
- 04 Crack eggs in a bowl and mix gently with a whisk. Add to the saucepan.
- 05 Allow to cook completely through, turning every minute or two.
- 06 Place in a bowl, add a touch of cinnamon and drizzle with more honey to taste. Enjoy!

NOTES

RECIPE ID 102

ALTERNATIVE TO CINNAMON

Try cardamom instead of cinnamon for a different flavor.

ALTERNATIVE TO BUTTER

Use coconut oil or coconut butter.