

*Syda's Homemade  
Recipes*

# **EGG & VEGGIE TACOS W/ PUMPKIN SEEDS**



Servings 2

Prep time: 10 min

Total time: 30 min

## Ingredients

- 2 whole eggs
- 1 uncured turkey bacon
- 2 corn tortillas
- 15g pumpkin seeds
- 50g spinach
- 50g spinach



## Instructions

1. Be ready. Mix spices, chop all ingredients and have them handy to simply add when it's time.
2. Cook eggs to create a scramble mixture, add zucchini and mix well. On the last 3 minutes add spinach.
3. After eggs are done, use same pot to cook turkey bacon. No oil is needed as the bacon will release its own fat and you will use it as your oil.
4. Begin to assemble egg & veggies tacos; place scrambled eggs on corn tortillas, then top with spinach, bacon and pumpkin seeds.
5. That's all my friends, sip and enjoy! Don't forget to tag us if you love it! If you may email us your feedback. We love hearing awesome constructive criticism, too!

Eat well and stay active,

-Scar