



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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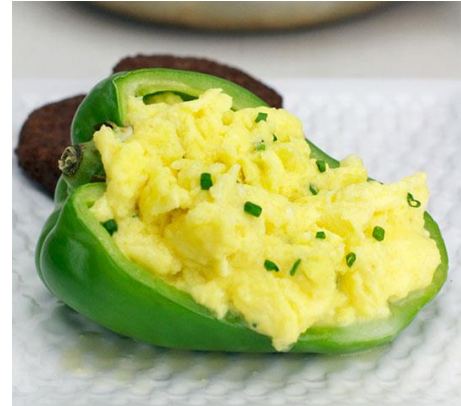
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Green Pepper Scramble

- 1 Tbsp. Olive Oil
- 1 clove Fresh Garlic, minced
- 1 Small Onion
- 1 Large Green Pepper
- 4 Pasture Raised eggs
- Salt & Pepper, to taste
- Red Pepper Flakes (optional)
- Salsa (optional)



1. Dice green pepper
2. In medium bowl beat eggs until airy.
3. Heat oil in a wok or large skillet.
4. Add garlic, onion, and green pepper.
5. Stir fry until pepper is tender.
6. Add eggs, salt and pepper, and red pepper flakes.
7. Stir constantly with wooden spoon until eggs reach desired consistency.
8. Serve immediately with salsa.
9. For a festive flair, serve in a hollowed-out half of a green pepper. Be sure to have one extra green pepper on hand for each person to use as serving dishes.

Tip: There are a thousand ways to cook scrambled eggs. Play around make it your own!