

Mediterranean Glow Breakfast Bake

Makes 2 servings

Ingredients:

- 8 eggs
- ½ cup unsweetened almond milk
- 1 medium zucchini, grated and squeezed dry
- 1 cup spinach (or chopped kale)
- ¾ cup cherry tomatoes, halved
- ⅓ cup crumbled feta
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp sea salt
- Fresh cracked pepper

Optional: ¼ or ½ avocado sliced for topping

Instructions

1. Preheat oven to 375°F
2. Sauté zucchini and spinach (or kale) in olive oil for 3–4 minutes to soften.
3. Whisk eggs, almond milk, garlic, oregano, salt, and pepper.
4. Stir in sautéed veggies, tomatoes, and feta.
5. Pour into a greased 9x9 baking dish.
6. Bake 30–35 minutes until set.
7. Top with avocado and fresh herbs before serving.



Supports Skin Glow with every ingredient is doing something strategic:

- Eggs → complete protein + biotin for repair
- Zucchini → hydration + vitamin A
- Tomatoes → lycopene (helps protect skin from oxidative stress)
- Kale → vitamin C + detox support for estrogen metabolism
- Olive oil → healthy fats for skin suppleness
- Feta → calcium + flavor (so you feel satisfied)
- Fresh herbs → polyphenols for inflammation support