



PALEO FALL BREAKFAST HASH

Makes 1 serving | Serving size: 1 bowl

PREP TIME

10 min

COOK TIME

15 min

TOTAL TIME

25 min

This paleo breakfast hash is perfect for any fall morning. Eggs and bacon are taken to a whole new level with squash and pepitas. Plus, the pear and cranberries add just a hint of sweetness to this savory dish.



Ingredients

- 1½ cups butternut squash, diced
- 1 tablespoon olive oil
- 1 egg
- 1 firm pear, diced
- ¼ cup dried cranberries
- 2 pieces bacon, cooked and crumbled
- 1 tablespoon raw pepitas

Directions

1. Cook the egg to your liking, then set aside.
2. In a skillet over medium heat, add olive oil and squash. Stir so squash is coated with oil, then cook until the squash is tender—about 5 minutes.
3. Add in pear, cranberries, and bacon. Cook for 2 minutes until the pear has softened.
4. Just before serving, stir in pepitas, then top with the egg. Enjoy!