

Pesto Scrambled Eggs



Elevate your breakfast with these creamy scrambled eggs, infused with homemade keto-friendly basil pesto. This dish not only brings a burst of flavor but also a hearty dose of nutrients, perfect for a fulfilling start to your day.

Ingredients for 2 serving (US/Metric)

- 4 *pieces* Eggs
- 1 *tbsp* Butter
- Salt & pepper to taste
- 1 *tbsp* Parmesan cheese
- Pesto Sauce

Nutrition (US/Metric)

- Protein: 23%
- Fat: 74%
- Net carbs: 3%

Instructions

- **Make Pesto:** Prepare your keto pesto by blending fresh basil, garlic, pine nuts, Parmesan cheese, and olive oil in a food processor. Season with salt and adjust to taste.
- **Beat Eggs:** In a bowl, whisk the eggs with the keto pesto, salt, and pepper.
- **Cook Eggs:** Melt butter in a non-stick skillet over medium heat. Add the egg mixture and gently scramble until the eggs are just set.
- **Serve:** Serve the scrambled eggs hot, garnished with grated Parmesan cheese.