

Scrambled eggs



Enjoy the low-carb creamy, soft, and lightly seasoned buttery scrambled eggs for breakfast. Its classic, it's yummy, and it only needs a few minutes!

Ingredients for 2 serving (US/Metric)

- 1.5 *tblsp* **Butter**
- 6.5 *pieces* **Eggs**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 25%
- **Fat:** 73%
- **Net carbs:** 2%

Instructions

1. Whisk an egg with salt & pepper seasoning.
2. Place a non-stick pan on the stove over medium heat. Add the butter.
3. As soon as the butter melts (don't let it brown) pour the whisked egg and stir fry for a couple of minutes.
4. Transfer to a serving dish while the eggs are creamy and about to reach your preferred cooked state (as the eggs will continue to cook after taking out on the dish).