## **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 tbsp Butter
- 6.5 pieces Eggs
- Salt & pepper to taste

## **Nutrition (US/Metric)**

Protein: 25% Fat: 73%

• Net carbs: 2%

## **Instructions**

- 1. Whish 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).