

RECIPE

# Scramble eggs with Avocado & Tomato



1 Serving

Calories: 320cal

Protein: 17g

Fat: 24g

Fiber: 7g

## Ingredients

- 2 eggs
- ½ Avocado
- 4 baby tomatoes cut in half
- Season with your favorite seasonings.
- Butter, or oil
- Pinch of Salt, pepper, garlic powder

## Instructions

- 1) Slice up tomato and avocado and set aside
- 2) Heat up butter or oil in pan
- 3) Scramble up your eggs
- 4) Layer your avocado and tomato how you desire
- 5) Garnish with your favorite spices

## Tip

To make it higher in protein, just use eggs whites

