

## How To: Scrambled Eggs

My all time keto favourite staple is definitely scrambled egg - it's the easiest way to do breakfast, or lunch. The macros on this meal are almost perfect at 1% carbs, 17% protein and 82% fat.

### Ingredients:

- 5 eggs
- 2 tbsp. butter
- 2 heaped tbsp. sour cream
- salt & pepper

### Directions:

1. In a large skillet, or a non stick frying pan, combine the butter and the eggs. Mix it all together on low heat while the butter melts.
2. Keep the heat on low and move the skillet off the heat if the eggs cook too quickly.
3. Once the egg whites are starting to solidify, add the sour cream and mix well.
4. Continue cooking until the eggs are done. If you like your eggs firmer, you can cook them slightly longer but they are amazing when they are slightly runny. Serve immediately.

Approximate macros per serving (assuming 2 servings):

carbs - 2g fat - 27g protein - 15g calories - 320

Recipe and images by [www.alittlebitofketo.com](http://www.alittlebitofketo.com)

