Buttery spring onion scrambled eggs

BODY TRANSFORMATION CENTRE

4 eggs
1 egg white
a pinch of salt and pepper
10g butter
2 spring onions, finely chopped

SERVES 1

Crack the eggs into a jug. Add the egg white, season with salt and pepper and whisk well with a fork.

Melt the butter in a pan and add the spring onions.

Add the eggs to the pan and stir until the eggs are cooked. Serve.

Consume immediately.

Serving suggestion:

Serve with steamed greens of your choice.

PER SERVING:
357 Calories
3g Carbs
30g Protein
25g Fat