Fluffy Scrambled Eggs with Creamy Avocado Slices

Light, airy scrambled eggs paired with fresh, sliced avocado for a satisfying low-carb, high-protein breakfast.

Servings: 2 **Time:** 10 minutes

Ingredients

- 4 large eggs
- 2 tbsp whole milk
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1 tbsp unsalted butter
- 1 small avocado, sliced
- 1 tsp fresh lemon juice
- Pinch of red pepper flakes (optional)

Instructions

1. In a bowl, whisk together eggs, milk, salt, and pepper until fully combined and slightly frothy.
2. Heat a non-stick skillet over medium-low heat and melt butter.
3. Pour egg mixture into the skillet and let it sit undisturbed for 10 seconds.
4. Gently stir eggs with a spatula, pushing them from the edges to the center, cooking slowly until soft and fluffy, about 2-3 minutes.
5. Remove eggs from heat before fully set to keep them creamy.
6. Arrange sliced avocado on a plate, drizzle with lemon juice, and sprinkle with a pinch of salt and red pepper flakes if desired.
7. Serve scrambled eggs alongside the avocado slices.

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