Creamy Avocado Scrambled Eggs

Silky scrambled eggs blended with smooth avocado, served with fresh avocado slices for a nutritious low-carb breakfast.

Servings: 2 **Time:** 10 minutes

Ingredients

- 4 large eggs
- 1 ripe avocado
- 2 tablespoons milk
- 1 tablespoon butter
- Salt to taste
- Freshly ground black pepper to taste
- 1 teaspoon lemon juice
- Sliced avocado for garnish

Instructions

1. In a bowl, mash the ripe avocado with lemon juice until smooth and creamy.
2. Whisk eggs and milk together in another bowl; season with salt and pepper.
3. Heat butter in a non-stick skillet over medium-low heat until melted.
4. Pour in the eggs and let sit for 10 seconds without stirring.
5. Gently stir eggs with a spatula, folding from the edges inward, until mostly set but still creamy.
6. Remove from heat and fold in the mashed avocado until well combined.
7. Serve immediately, topped with sliced avocado and extra black pepper if desired.

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