

Easy Eggs

CAL: 212 PROTEIN: 14 CARBS: 3 FIBRE: 0 FAT: 16



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SERVES:

2



TIME:

10 minutes



INGREDIENTS

4 eggs

1 tbsp sour cream

60ml milk

1 tbsp chives, chopped

Salt and pepper to taste

2 tsp olive oil

INSTRUCTIONS

Whisk together eggs, sour cream and milk until nice and smooth.

Add chives and give it one more quick whisk.

Bring a non-stick pan to medium heat and add olive oil. Gently pour eggs into the pan and slowly stir them from the outer edge for about 1-2 minutes, or until just under cooked.

Transfer to two plates immediately (otherwise the eggs will keep cooking in the hot pan).

Sprinkle with extra salt & pepper, if desired.

MACROS

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