

Loaded scrambled eggs

Whole eggs for flavour, egg whites for extra protein without the extra calories.

Ready in **10 min** | Serves **1**



PROTEIN

42g

CARBS

35g

FAT

25g

CALORIES

540kcal

• INGREDIENTS

3	large eggs
100g	liquid egg whites
50g	spinach
2 slices	wholemeal bread
5g	butter
Pinch	salt, pepper and chilli flakes

• METHOD

- 1 Whisk the eggs and egg whites together with a pinch of salt and pepper.
- 2 Melt the butter in a non-stick pan on a low to medium heat. Add the spinach and let it wilt.
- 3 Pour in the eggs and stir slowly until just set. Take them off the heat while still slightly glossy.
- 4 Serve on the toast with a pinch of chilli flakes.

• SWAPS AND TIPS

- Add 30g smoked salmon or ham for around 6g more protein.
- Cutting carbs? Swap the toast for a pile of mushrooms and tomatoes.
- Low heat and patience is the secret to soft, creamy eggs.

Macros are per serving and approximate. They vary with brands and portions, so check labels if you're tracking closely.