

Lemon & Basil Scrambled Eggs

6 Ingredients, 1 serves, 5 Minutes Total Time

1 tablespoon water
2 eggs
1 tablespoon lemon zest
1/2 cup cherry tomatoes (halved)
1 tablespoon oil*
1/2 cup basil (fresh) (torn)

Instructions

- In a bowl, combine eggs and water with a pinch of sea salt and whisk until light and fluffy.
- Using a non-stick frying pan, over low to medium-low heat, warm the oil.
- Add the eggs and move them around the in the pan so they don't stick to the bottom.
- Season with a sprinkle of sea salt and the lemon zest.
- Garnish a breakfast plate with basil leaves and tomatoes with a drop of oil.
- Place eggs onto the side.
- Enjoy!

Warnings

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	263
Total Fat	21g
Saturated Fat	4g
Cholesterol	327mg
Sodium	129mg
Total Carbohydrate	5g
Dietary Fibre	2g
Sugars	3g
Protein	12g
Calcium	70mg
Iron	2mg
Magnesium	22mg
Phosphorus	195mg
Potassium	316mg
Vitamin C	18mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	5mg