

Brain Food Cheesy Scrambled Eggs



Preparation time: 10 mins

User Rating: ★★★★★

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Categories: Quick & Easy, Breakfast Recipes, Vegetarian



Ingredients

- 4 eggs, at room temperature
- $\frac{1}{3}$ cup reduced fat cream
- $\frac{1}{2}$ cup shredded tasty cheese
- 1 tbsp butter
- Wholegrain toast and sliced cherry tomatoes, to serve

Method

1. Gently whisk eggs, cream and cheese in a bowl.
2. Heat butter in a medium non-stick frying pan over medium heat until foaming.
3. Add eggs and swirl over pan base, cook without stirring for 30 seconds, then gently stir egg using a flat-topped spatula for about 2-3

minutes until almost set. Remove from heat.

4. Spoon eggs over toast and serve with cherry tomatoes.

Notes

Want to know how to make perfect scrambled eggs, every time? Discover our [easy scrambled eggs recipe](#) today!

Nutritional Information

| | | | | | | | | |
|--------------|------------------|---------|-----------|---------------|---------------|---------------|--------|-----------|
| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Vitamin D |
| 94g | 881kj 211kcal | 11.5g | 17.9g | 9.8g | 1.2g | 1.2g | 196mg | 3.5µg |

All nutrition values are per serve.