

Seracal Scrambled Eggs



Makes: 1 hearty serving

Each serving contains $\frac{1}{2}$ a serving of Seracal



Ingredients:

$\frac{1}{2}$ serving of Seracal
(2 tablespoons, or 6.7 grams)

2 large eggs

1 tablespoon sour cream,
whole milk, or non-dairy milk
(unsweetened and unflavored)

$\frac{1}{8}$ teaspoon salt

$\frac{1}{2}$ tablespoon butter or oil

Recommended mix-ins:
precooked vegetables, meat,
salsa, cheese, and herbs

Instructions:

1. Crack two eggs into a small mixing bowl.
2. Add milk or sour cream, Seracal, and salt.
3. Whisk the mixture thoroughly until it is uniform in color, texture, and slightly foamy.
4. Add the butter or oil to a small skillet over medium heat, coat the pan well.
5. Add the egg mixture to the hot, buttered skillet and immediately reduce the heat to medium-low.
6. Using a heat-proof spatula, gently push the eggs from one end of the skillet to the other once the eggs begin to set, occasionally folding the eggs onto themselves.
7. If adding mix-ins, mix them into the eggs before they fully set, or add on top of cooked eggs.