

# Scrambled Eggs With Onions

**Prep Time:** 5 Min **Cook Time:** 5 Min **Total Time:** 10 Min  
Serves 1

## Ingredients

100g of diced onions

! /2 cup of liquid egg whites OR 1 large egg plus 3 egg whites

Salt & pepper to taste

## Instructions

- 1 Fry onions in a non-stick pan (add a little water so they don't burn)
- 2 Scramble & cook your eggs into the onions
- 3 Add salt & pepper to taste

## Notes

Salsa as a condiment on top of this dish makes it extra delicious! Make sure that is it either homemade or a brand without added sugar, oil or starches.

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