

Keto Sausage Breakfast Sandwich

Ingredients

- 2 large eggs
- 3/4 tablespoon heavy cream
- pinch crushed chili
- salt
- black pepper
- 1 teaspoon butter
- 1 slice cheddar
- 2 lorne sausage, heated according to package instructions
- avocado, sliced

Method

1. In a small bowl beat eggs, heavy cream, and red pepper flakes together.
2. Season generously with salt and pepper.
3. In a nonstick skillet over medium heat, melt butter.
4. Pour the eggs into the skillet.
5. Place a slice of cheese in the middle and let sit about 1 minute. Fold the sides of the egg into the middle, covering the cheese.
6. Serve eggs between two sausage patties with avocado.