

Fluffy Microwave Scrambled Eggs



Light and fluffy scrambled eggs are easy to make when at home or traveling! Everyone will love this quick energy bite to start the day. Top with pepper and shredded cheese, if desired!

Prep: 5 mins

Cook: 5 mins

Total: 10 mins

Servings: 2

Yield: 2 servings



Ingredients

4 eggs

¼ cup milk

⅛ teaspoon salt

Directions

Step 1

Break the eggs into a microwave-proof mixing bowl. Add milk and salt; mix well.

Step 2

Pop the bowl into the microwave and cook on high power for 30 seconds. Remove bowl, beat eggs very well, scraping down the sides of the bowl, and return to the microwave for another 30 seconds. Repeat this pattern, stirring every 30 seconds for up to 2 1/2 minutes. Stop when eggs have the consistency you desire.

Nutrition Facts

Per Serving: 141 calories; protein 12.1g; carbohydrates 2.1g; fat 9.3g; cholesterol 329.8mg; sodium 281mg.