

Salmon and Scramble Eggs

Start your morning or brunch off right with this amazing salmon and scramble eggs. It only takes a few minutes, but it is a great way to get your brain boosted and ready for the day. Get your omega 3 to help reduce the risk of blood issues, heart attack, and stroke. That, along with the vitamins naturally produced in eggs helps improve mood and cognition. All you have to do is mix your eggs with some nice warmed up salmon, add a little garlic, salt, and pepper with a dash of green onions and you will set your mouth a flood with mouth-watering flavor. Thankfully, it is a quick meal to make. Within twenty minutes give or take depending on how much heat you like to use with your egg and how fluffy you want your eggs you will be able to enjoy a lovely breakfast coupled with your favorite toast and morning beverage.

It is also simple to alter it to where you are having a salmon and egg breakfast sandwich, which is also rather delicious and simple, just move the egg mixture onto a nice warm piece of bread and add some cheese then be ready for a magical breakfast adventure.



Preparation Time: 20 Minutes

Yield: 4 Servings

Ingredients

1 teaspoon of olive oil

3 organic whole eggs

3 tablespoons of water

1 minced garlic

6 Oz. Smoked salmon, sliced or chopped

2 avocados, sliced

Black pepper to taste

1 green onion, chopped

Directions

Heat olive oil in a large skillet and sauté onion in it.

Take a medium bowl and whisk eggs in it, add water and whisk with the help of a fork.

Add to the skillet the smoked salmon along with garlic, and black pepper.

Stir for about 4 minutes until all ingredients get soft.

At this stage, add the egg mixture.

Once the eggs get firm, serve on a plate with a garnish of avocados.