

# **Scrambled Eggs with Avocado & Tomato**

## **Ingredients**

- 2 eggs
- 1/2 avocado, sliced
- 1/2 tomato, chopped
- 1 tsp olive oil
- Pinch of salt

## **Instructions**

1. Scramble eggs in olive oil until just cooked.
2. Plate with avocado and chopped tomato on the side.
3. Sprinkle salt if desired.

## **Health Benefits**

- Eggs provide complete protein and choline.
- Avocados offer healthy fats and potassium.