

Power Breakfast Bowl with Eggs, Avocado & Berries (Energize Your Morning!)

is your answer. It's a fresh mix of



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INGREDIENTS

For the Scrambled Eggs:

2 large eggs

1 tbsp milk (or dairy-free milk)

%o tbsp butter or olive oil

... tsp salt

... tsp black pepper

%o tsp everything bagel seasoning (optional)

For the Bowl:

%o avocado, sliced

%o cup arugula (or baby spinach)

... cup blueberries

... cup blackberries

%o banana, sliced

DIRECTIONS

1. Make the Scrambled Eggs: In a small bowl, whisk together eggs, milk, salt, and pepper until well blended.
2. Heat butter or oil in a nonstick pan over low heat.
3. Pour in the eggs and stir slowly with a rubber spatula, scraping the sides and bottom.
4. Cook until the eggs are soft, creamy, and just set. Remove from heat.
5. Assemble the Bowl: Add the scrambled eggs to one side of your serving bowl.
6. Neatly arrange sliced avocado, arugula, blueberries, blackberries, and banana on the other side.
7. Sprinkle everything bagel seasoning over the eggs if using.
8. Serve & Enjoy!: Optional: Drizzle with olive oil or honey for a touch of richness or sweetness.

SWAPS & NOTES

Leafy Greens : Swap arugula with spinach, kale, or baby mixed greens.

Fruit Variations : Try strawberries, kiwi, or pomegranate arils.

Dairy-Free? : Use olive oil and a plant-based milk like almond or oat.

Add a Boost : Toss in hemp seeds, chia seeds, or a spoonful of Greek yogurt on the side. ??? Directions 1 Make the Scrambled Eggs In a small bowl, whisk together eggs, milk, salt, and pepper until well blended.

TIPS FOR SUCCESS

Low heat is key for creamy scrambled eggs - resist the urge to rush them.

Use ripe avocado for that perfect buttery texture.

Cold fruit + warm eggs = great contrast , so assemble just before serving. ?

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Original recipe: <https://chefmaniac.com/power-breakfast-bowl-with-eggs-avocado-berries-energize-your-morning/>