

Protein-Packed Breakfast Bowl with Scrambled Eggs and Fresh Fruit

is the kind of breakfast that checks every box: it's



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10 min

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INGREDIENTS

For the Scrambled Eggs:

2 large eggs

1 tbsp milk (or dairy-free alternative)

$\frac{1}{2}$ tsp butter or olive oil

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ tsp black pepper

$\frac{1}{2}$ tsp everything bagel seasoning (optional)

For the Bowl:

$\frac{1}{2}$ avocado, sliced

$\frac{1}{2}$ cup arugula (or spinach)

$\frac{1}{2}$ cup blueberries

$\frac{1}{2}$ cup blackberries

$\frac{1}{2}$ banana, sliced

Directions:

1 Prepare the Scrambled Eggs:

In a small bowl, whisk together eggs, milk, salt, and pepper until fully blended.

Heat butter or oil in a non-stick skillet over low heat.

Pour in the eggs and cook slowly, stirring gently with a spatula until soft, fluffy, and slightly creamy. This should take about 3-5 minutes.

2 Assemble the Bowl:

In a wide bowl, spoon scrambled eggs on one side.

Arrange avocado slices, arugula, blueberries, blackberries, and banana on the other side.

Sprinkle eggs with everything bagel seasoning (optional but recommended!).

3 Serve & Enjoy:

Optional: Drizzle lightly with honey for a sweet contrast or a splash of olive oil for richness.

Serve immediately and feel your body thank you.

Tips for Success:

Low heat is key for soft scrambled eggs-don't rush it!

You can sub spinach or kale for arugula, or use mixed greens.

Add a tablespoon of chia seeds or hemp hearts for extra nutrients.

Want more protein? Add smoked salmon or a scoop of cottage cheese.

Serving Suggestions:

Blueberry Lemonade for a citrusy morning refresh

3-Ingredient Chocolate Chip Oatmeal Breakfast

Cookies for an on-the-go sweet addition

Monster Cookie Energy Balls to pack with you for a mid-morning snack

Storage & Prep Tips:

DIRECTIONS

1. Prepare the Scrambled Eggs: In a small bowl, whisk together eggs, milk, salt, and pepper until fully blended.
2. Heat butter or oil in a non-stick skillet over low heat.
3. Pour in the eggs and cook slowly, stirring gently with a spatula until soft, fluffy, and slightly creamy. This should take about 3-5 minutes.
4. Assemble the Bowl: In a wide bowl, spoon scrambled eggs on one side.
5. Arrange avocado slices, arugula, blueberries, blackberries, and banana on the other side.
6. Sprinkle eggs with everything bagel seasoning (optional but recommended!).
7. Serve & Enjoy: Optional: Drizzle lightly with honey for a sweet contrast or a splash of olive oil for richness.
8. Serve immediately and feel your body thank you.
9. Tips for Success: Low heat is key for soft scrambled eggs-don't rush it!
10. You can sub spinach or kale for arugula, or use mixed greens.
11. Add a tablespoon of chia seeds or hemp hearts for extra nutrients.
12. Want more protein? Add smoked salmon or a scoop of cottage cheese.
13. Serving Suggestions: Pair this bowl with:
14. Blueberry : Lemonade for a citrusy morning refresh
15. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies for an on-the-go sweet addition

16. Monster : Cookie Energy Balls to pack with you for a mid-morning snack
17. Storage & Prep Tips: Make ahead: You can prep the fruit and greens the night before, and even scramble the eggs in advance (though they're best fresh).
18. Store ingredients separately in airtight containers and assemble when ready to eat.
19. Avocado tip: Toss slices in lemon juice to keep them from browning.
20. More Recipes You'll Love: 3-Ingredient Egg Wrap - the fastest low-carb breakfast
21. Light : Tangy Chicken Salad - clean, crisp lunch vibes
22. No-Bake : Monster Cookie Energy Balls - healthy bites on hand all week
23. Final Thoughts: This Power Breakfast Bowl with Scrambled Eggs, Avocado & Berries is the perfect combo of vibrant, nourishing, and delicious. It fuels your morning with real ingredients and real color-no artificial anything, just pure breakfast bliss.
24. Tried it? Share your version in the comments, and don't forget to follow ChefManiac for more morning fuel and feel-good recipes that keep you glowing from the inside out.

TIPS FOR SUCCESS

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Add smoked salmon or a scoop of cottage cheese.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/protein-packed-breakfast-bowl-with-scrambled-eggs-and-fresh-fruit/>