

## Scrambled Egg & Avocado Berry Bowl - A Fresh, Balanced Breakfast

Scrambled Egg, Avocado & Berry Bowl



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### INGREDIENTS

2 eggs, scrambled

1/2 avocado, sliced

A handful of arugula or baby greens

Fresh berries (blueberries, raspberries, blackberries)

1/2 tsp chia seeds

Salt and pepper, to taste

1 tsp butter or olive oil (for cooking eggs)

Ingredient Swaps and Notes:

Eggs: Scrambled is classic, but poached or soft-boiled works great too.

Greens: Swap arugula for spinach or mixed greens.

Berries: Use whatever's in season-strawberries or pomegranate seeds also shine here.

Add-ins: A sprinkle of feta or a few pumpkin seeds adds extra flavor and crunch.

How to Make It:

Tips for Success:

Use ripe avocado for best texture.

Don't overcook the eggs-low and slow makes them soft and creamy.

Prep in advance by slicing berries and greens ahead of time for a super quick morning meal.

Serving Suggestions & Pairings:

Storage & Leftovers:

Best Fresh: This bowl is meant to be enjoyed right after preparing.

Meal Prep Tip: Prep the greens and berries the night before and cook the eggs fresh in the morning.

Avoid freezing due to delicate ingredients like avocado and berries.

More Recipes You'll Love:

Beer Cheese Dip - for bold snacking.

Chocolate Chip Cookie Dough Brownie Bombs - the ultimate dessert indulgence.

Final Thoughts:

## DIRECTIONS

1. **Step 1: Scramble the Eggs**Whisk eggs with a pinch of salt and pepper. Heat butter or olive oil in a non-stick skillet over medium heat. Pour in eggs and gently scramble until fluffy. Set aside.
2. **Step 2: Assemble the Bowl**Place a handful of greens at the base of your bowl. Arrange scrambled eggs to one side.
3. **Step 3: Add the Toppings**Neatly fan out the sliced avocado and scatter the berries around the bowl.
4. **Step 4: Finish & Serve**Sprinkle chia seeds on top and add a final touch of salt and pepper to taste. Serve immediately.
5. **Tips for Success:** Use ripe avocado for best texture.
6. **Don't overcook the eggs-**low and slow makes them soft and creamy.
7. **Prep in advance** by slicing berries and greens ahead of time for a super quick morning meal.
8. **Serving Suggestions & Pairings:** This breakfast bowl pairs beautifully with a cool glass of Blueberry Lemonade or a warm herbal tea. Want to round out your morning meal? Add a small slice of Ice Cream Sandwich Cake for a treat, or follow it with a savory snack like Sheet Pan Quesadillas.
9. **Storage & Leftovers:** Best Fresh: This bowl is meant to be enjoyed right after preparing.
10. **Meal : Prep Tip:** Prep the greens and berries the night before and cook the eggs fresh in the morning.
11. **Avoid freezing** due to delicate ingredients like avocado and berries.
12. **More Recipes You'll Love:** If this bowl brightened your morning, try these other flavorful favorites:

13. Beer : Cheese Dip - for bold snacking.
14. Chocolate : Chip Cookie Dough Brownie Bombs - the ultimate dessert indulgence.
15. Final Thoughts: This Scrambled Egg, Avocado & Berry Bowl is fresh, fast, and full of goodness. It's the kind of breakfast that feels like self-care-simple, vibrant, and totally delicious.
16. ? Tried it? Snap a photo and tag us on socials! And don't forget to follow Chef Maniac for more quick, colorful recipes that brighten your day from the first bite.

## SWAPS & NOTES

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## TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/scrambled-egg-avocado-berry-bowl-a-fresh-balanced-breakfast/>