

# SCRAMBLED EGGS

Recipe developed by  
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	Ingredients	Exchanges (use your child's)
Heavy Cream	Works with or without heavy cream added	
Protein	Raw egg	All protein exchanges
Fat	Mayonnaise	All fat exchanges
Carbohydrate	Carbohydrate of choice (examples: onion, mushroom, bell pepper, spinach)	All carbohydrate exchanges
Other	Salt, pepper	

## DIRECTIONS

- Calculate the ingredients using your child's individualized meal plan and ketogenic diet manual.
- In a small bowl, combine the weighed liquid heavy cream (if using), raw egg, and mayonnaise.
- If using carbohydrate exchanges for an omelette filling, add the chopped vegetables of choice at this point.
- Season with salt and pepper.
- Stir all ingredients together until smooth.
- Grease a pan with nonstick cooking spray to prevent sticking and warm pan over medium heat.
- Pour mixture into the pan and scramble until thoroughly cooked.
- Serve warm.

## VARIATIONS

- This recipe can be kept in the refrigerator for 2-3 days in a sealed storage container. Does not freeze well.
- Protein exchanges could be calculated to include a side of breakfast meat such as bacon or sausage.
- Raw egg means a shelled raw eggs that is mixed together (the white and yolk) in a small bowl, then weighed.
- Carbohydrate exchanges can be used as vegetables and added to recipe, or they can be calculated as fruit and served on the side.