



## Scrambled Eggs with Pears and Walnuts

**Active Time:** 5 minutes | **Total Time:** 15 minutes | **Serves:** 2

### Nutrition Information Per Serving

344.5 calories, 15.87 g carbohydrate, 3.66 g fiber, 12.21 g NET carbs, 15.1 g protein, 26.19 g fat

#### Ingredients

- 1/2 tsp(s) Real Salt
- 1 medium pear, cored and sliced
- 1 tsp chopped fresh organic chives
- 4 large(s) pastured eggs
- 1 Tbsp virgin coconut oil
- 1/2 tsp(s) fresh ground pepper, to taste
- 2 Tbsp(s) walnuts, finely chopped

#### Preparation

1. Melt the butter in a nonstick skillet over medium heat. Whisk the eggs in a small bowl.
2. Add the eggs to the skillet and season with salt and pepper.
3. Scramble until cooked through and transfer to a plate.
4. Sprinkle the chopped walnuts over the pears and serve alongside the eggs.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.