

# GREEK EGGS

**Serves 2**

**NUTRITIONAL INFORMATION:**

Gluten Free, Higher Protein



**GYMGAIR**

[www.gymgair.co.uk](http://www.gymgair.co.uk)

Kcal: **292**

Protein: **17.5g**

Carbohydrate: **1.5g**

Fat: **24g**



## INGREDIENTS

15g	Butter
4	Large Eggs
75g	Feta, crumbled
	Salt & Pepper to taste

**COOKING TIME: 10 minutes**

## METHOD:

1. Heat butter in a frying pan over medium-high heat.
2. Beat eggs & 1 tsp water together, then pour into pan.
3. Add feta cheese & cook, stirring occasionally to a soft scramble.

Season with salt and pepper to taste & serve

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