CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Scrambled Eggs on a Cracker

Quick Protein Snack Meal

www.consciousrewire.com

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What This Supports

Supports quick protein intake and satiety.

Why It Works

Eggs provide complete protein while fats slow digestion.

Ingredients

Scrambled Eggs on a Cracker

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eggs

tbsp butter

crackers

Cayenne

Flaked salt

Herbs

Directions

. Heat 3 tbsp butter on low in a pan until melted. Add in eggs.

. Stir continuously until just cooked (they’re going to be soft, make sure all the clear parts are gone) with a wooden spoon

. Butter crackers with a tbsp butter each. Add eggs to crackers and top with spices and greens.

Best Use

Best used as a light meal or snack.

Food Notes & Safety

Cook eggs gently and serve fresh.

Storage & Reheating

Consume immediately.