

# Scrambled Egg Porridge

Recipe for 1

Time: 7 minutes

## Ingredients

1 tbs butter

2 large eggs

2 or 3 tbs frozen fruit

1 or 2 tbs milk kefir/other milk or milk substitute

honey (preferably raw)

desiccated coconut (optional)

Sour cream

## Method

- Melt the butter in a pan.
- Meanwhile, beat the eggs in a bowl with the kefir (or other) and mix in the frozen fruit.
- Tip the egg/fruit mixture into the pan.
- Turn the heat to moderately high as you do not want the egg to set too quickly. Stir continually until the egg just begins to get small lumps, but is still runny.
- Remove from the heat and pour into a bowl.
- Add honey. Top with coconut and sour cream.