Fluffy Scrambled Eggs

Ingredients:

2 large eggs

2 tablespoons milk or water (optional, for fluffiness)

1 teaspoon butter or oil

Salt and pepper to taste

1. Crack the eggs into a bowl. Add the milk or water (if using), and whisk until the yolks and whites are fully combined and slightly frothy. Season with a pinch of salt and pepper.
2. Place a non-stick skillet over medium-low heat. Add the butter or oil and let it melt, coating the bottom of the pan.
3. Pour the beaten eggs into the pan. Let them sit for a few seconds until they start to set around the edges.
4. Using a spatula, gently push the eggs from the edges toward the center of the pan. Continue moving the eggs around the pan, folding them over themselves until they're softly set and slightly runny in some places (they'll continue cooking from residual heat)
5. Cook on low heat to avoid overcooking. Stir gently for larger, fluffier curds or vigorously for smaller curds.
6. Avoid overcooking; remove the eggs from the pan when they look just a little underdone.
7. Transfer the scrambled eggs to a plate and enjoy on their own or with toast, avocado, or your favourite breakfast side.