

Omelette



PREP 5 MINS



COOK 4 MINS



1 SERVING



INGREDIENTS

- 2 / Eggs, beaten
- 1 tablespoon / Organic unsweetened alternative milk (almond, rice)
- Small handful / Baby spinach
- 1 medium sized / Mushroom, sliced
- 1 tablespoon / Onion, chopped
- Ghee or coconut oil
- Salt and pepper

METHOD

1. Season the beaten eggs with salt and pepper
2. Add the alternative milk, spinach, mushrooms and onions to the egg mix
3. Heat ghee or coconut oil on a non-stick frying pan over medium heat, pour egg mix into pan
4. Cook without stirring for two minutes then fold the omelette into half and serve

