

OMELETTE

RECIPE BY: GEMMA OBERHOLZER



DIFFICULTY: EASY

TIME: 10 MINUTES

SERVES: 1

Don't skip the egg yolks! Egg yolks are a nutritional powerhouse packed full of feel-full and brain boosting compounds.

METHOD

Whisk together the milk and eggs and season with salt and pepper. Heat an oiled pan over medium heat, pour the egg mixture in and swirl to coat evenly. Allow to set for +/- 3 mins. Add the filling ingredients onto half on the omelette and fold over. Cook for a further 1-2 mins and serve.

*Omit any dairy for Paleo.

INGREDIENTS

- 2 eggs and 1 egg white, lightly beaten
- Splash of milk* of choice (omit for Paleo)

Fillings of choice: choose 1 from each

- Protein (40 g) : ham, chicken, bacon etc.
- Fat: 6 olives, 1/2 avocado, 30 g cheese* etc.
- Vegetable: tomato, rocket, spinach, mushroom etc. (unlimited)
- 1 tsp oil/butter for cooking
- Salt and pepper to taste